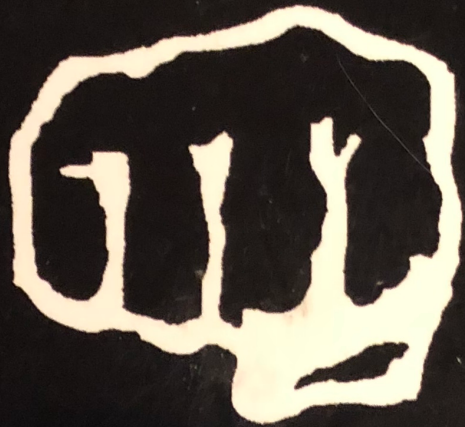


Volume 6



Legacy: The 15 Volume  
Encyclopedia

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*choi hong hi*

**GEN. CHOI HONG HI**  
**President**

International Taekwon-Do Federation



Taekwon-Do  
in Korean Character

Taekwon-Do  
in Chinese Character







# THE TENETS OF TAEKWON-DO

*(Taekwon-Do Jungshin)*

TAEKWON-DO AIMS TO ACHIEVE

Courtesy (*Ye Ui*)

Integrity (*Yom Chi*)

Perseverance (*In Nae*)

Self-Control (*Guk Gi*)

Indomitable Spirit

*(Baekjul Boolgool)*



# EXPLANATION OF TENETS

Needless to say, the success or failure of Taekwon-Do training depends largely on how one observes and implements the tenets of Taekwon-Do which should serve as a guide for all serious students of the art.

## **COURTESY** (*Ye Ui*)

Taekwon-Do students should attempt to practise the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

- 1) To promote the spirit of mutual concessions
- 2) To be ashamed of one's vices, contempting those of others
- 3) To be polite to one another
- 4) To encourage the sense of justice and humanity
- 5) To distinguish instructor from student, senior from junior, and elder from younger
- 6) To behave oneself according to etiquette
- 7) To respect others' possessions
- 8) To handle matters with fairness and sincerity
- 9) To refrain from giving or accepting any gift when in doubt

## **INTEGRITY** (*Yom Chi*)

In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong, and have the conscience, if wrong, to feel guilt. Listed are some examples, where integrity is lacking:

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by "fixing" breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor, or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor that teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up the words.
8. The student who feels ashamed to seek opinions from his juniors.

## **PERSEVERANCE** (*In Nae*)

There is an old Oriental saying, "Patience leads to virtue or merit" "One can make a peaceful home by being patient for 100 times." Certainly, happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal, then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was this perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance.

Confucious said; "one who is impatient in trivial matters can seldom achieve success in matters of great importance."



## **SELF-CONTROL** (*Guk Gi*)

This tenet is extremely important inside and outside the do jang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

## **INDOMITABLE SPIRIT** (*Baekjul Boolgool*)

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind.

Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

Confucius declared, "it is an act of cowardice to fail to speak out against injustice."

As history has proven those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieved their goals.

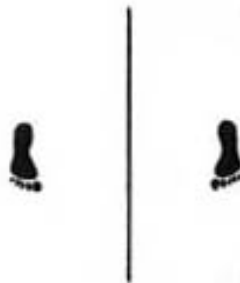


"Pursue one's own goal"

**IMPORTANT:**

Due to the distortion of distance apparent in photographs, the angle of the feet in stances may appear slightly out of position. The student, therefore, is encouraged to refer to the feet illustrations rather than the photograph itself.

**Parallel stance**



**Sitting stance**



## Walking Stance (*Gunnun Sogi*)

Front View



Back View



## L-Stance (*Niunja Sogi*)

Front View



Back View







# FUNDAMENTAL EXERCISES

## *(Gibon Yonsup)*

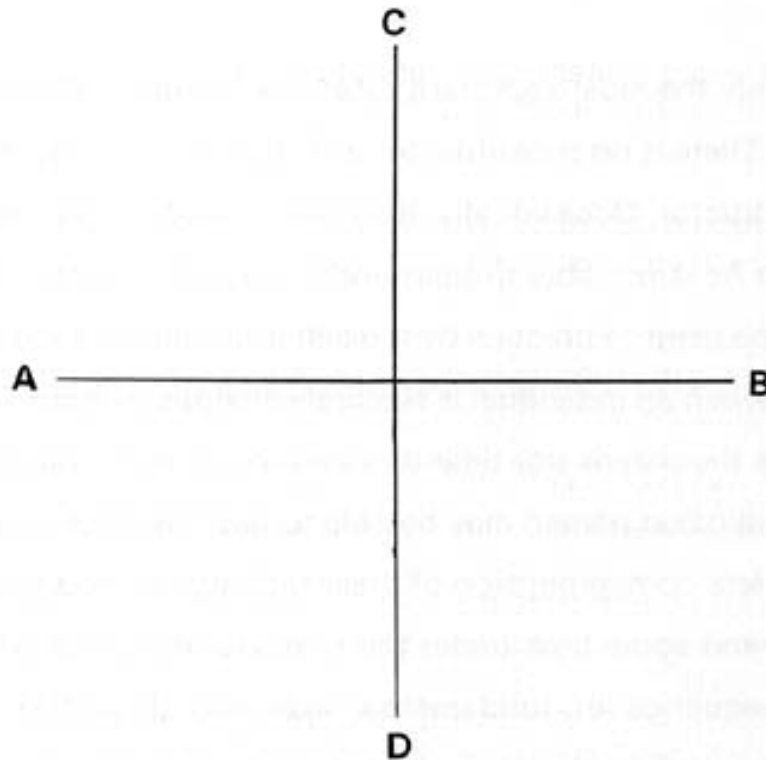
Certainly the most important asset any training hall can have is a good instructor. There is no substitute for well-trained, intelligent, perceptive and patient instructor. Occasionally, however, a student may find himself in an area where he is not able to train under a qualified instructor; or a student may find the need to practice by himself from time to time; or there may be instances when an individual is sincerely anxious to learn Taekwon-Do but neither has the means nor time to travel to a distant training hall. In these cases, a dedicated person may be able to use this book as a guide. To truly gain complete comprehension of these techniques, however, a student will have to spend some time under the tutelage of a black belt instructor.

The sequence of fundamental exercises described here is neither absolute nor inflexible. It is, however, a sequence found to be most beneficial for the student, especially beginners.

Fundamental exercises are considered the back bone of Taekwon-Do, for the students can learn a great number of additional movements which are found neither in patterns nor sparrings.

Obviously the pattern cannot be performed effectively without sufficient knowledge of the fundamental movements involved. The student is therefore advised to exercise each fundamental movement correctly and thoroughly one by one before attempting to practise his pattern or sparring.

The object of this volume is to give the students (from beginners to 2nd degree black belt holders) clear purpose, principle method and a logical procedure of exercise of each fundamental movement.



**DIRECTION DIAGRAM** (*Bang Hyang Pyo*)

This is a guide to show the four directions the student will follow during the performance of an exercise.

**IMPORTANT**

This must be thoroughly studied by all students before moving into exercise.

## **GENERAL ASSUMPTIONS** (*Ilban Kahjung*)

This is to avoid unnecessary repetition; to show logical sequence of movement; and to conduct training, step by step, and gradually to the more difficult movement.

1. The fundamental exercise is started from a stance on line AB facing D with a few exceptions.
2. Blocking is begun with the left hand or left foot and attacking with the right hand or foot. There are only rare exceptions to the above. A student should familiarize himself equally with both sides.
3. A middle attack or defence is usually executed before a high attack or defense unless a special instruction is given.
4. Spot exercise is performed before the turning or stepping exercise in most cases.
5. A forward stepping exercise is performed conjointly with backward stepping or turning exercises with few exceptions.
6. Backward stepping and turning exercise are performed, assuming a left walking, left low, left rear foot, and left L-stance toward D unless specified otherwise.
7. As a rule bring the foot initially moved back to the ready posture after completion each of exercise.
8. Every attack and block is performed toward the direction the stance is facing unless specified otherwise.
9. All punches throughout this book are considered front punches unless special instruction is given.
10. The other fist throughout this book is considered pulled to the hip simultaneously while attacking or blocking with one hand unless special direction is given.

**Ready Stance (*Junbi Sogi*)**

**Attention Stance (*Charyot Sogi*)**



**Front View**



**Side View**

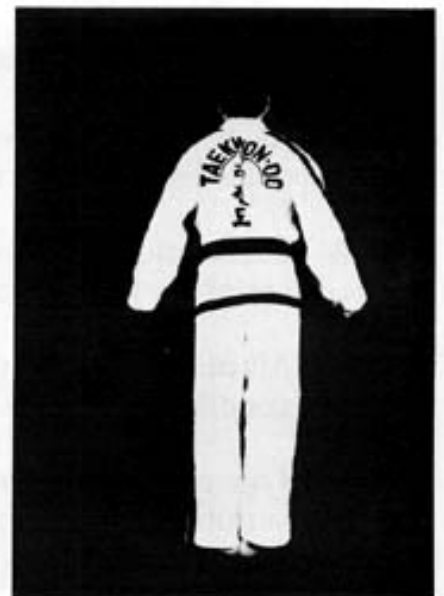
**Bow Posture (*Kyong Ye Jase*)**



**Front View**



**Side View**



**Back View**

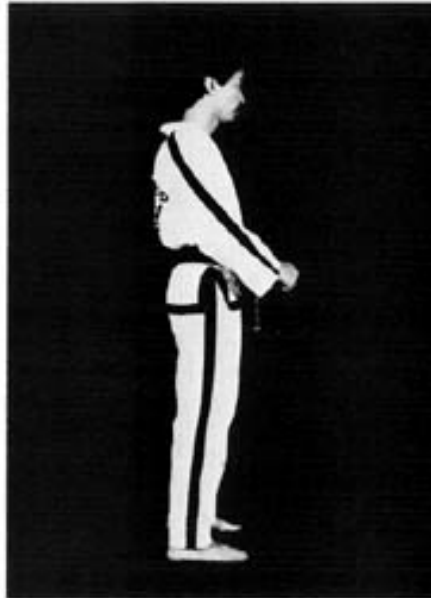


**Parallel Ready Stance (*Narani Junbi Sogi*)**



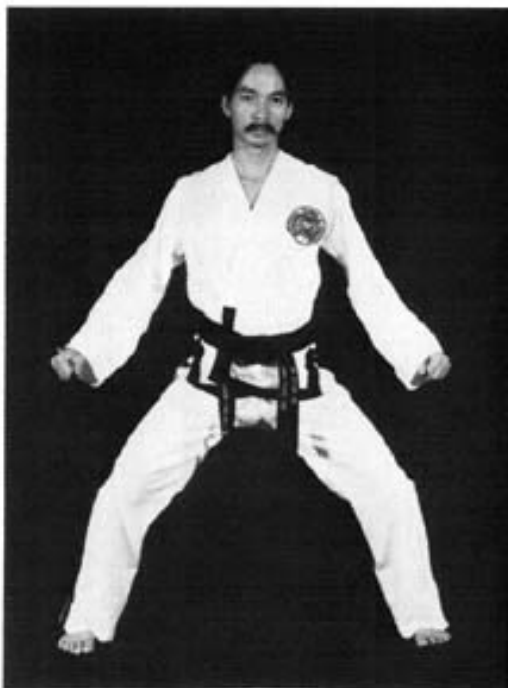
**Front View**

**Side View**



**Back View**

**Sitting Ready Stance (*Annan Junbi Sogi*)**



**Side View**

**Front View**



**Walking Ready Stance (*Gunnun Junbi Sogi*)**

**Left Walking Ready Stance**

**Front View**



**Side View**



**Back View**

**Right Walking Ready Stance**



**Side view**

**Front View**



**Close Ready Stance (*Moa Junbi Sogi*)**

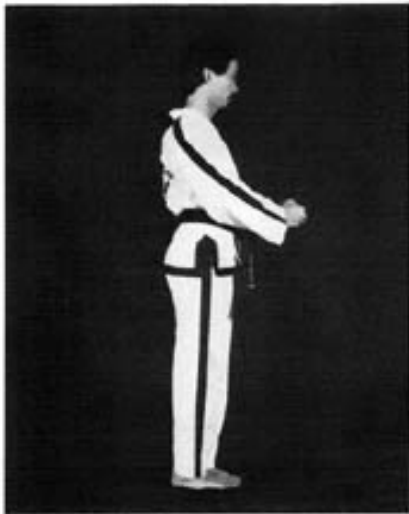
**Type A**



**Side Viwe**



**Front View**



**Side View**



**Front View**

**Type B**

**Side View**

**Type C**



**Front View**



**L-Ready Stance (*Niunja Junbi Sogi*)**

**Right L-Ready Stance**



**Side View**



**Front View**

**Left L-Ready Stance**



**Front View**



**Side View**

**Back View**





## X-Ready Stance (*Kyocha Junbi Sogi*)

### Right X-Ready Stance



Side View

### Front View



### Left X-Ready Stance

#### Front View



Back View

#### Side View







## **PROCEDURE FOR LEADING A CLASS** (*Sooryon Jido Bop*)

All Taekwon-Do exercises are conducted in two ways; by command and without command using a command procedure with an instructor or assistant instructor giving commands, the following procedure should be followed:

1. At the command of "Charot" (attention), the student comes to attention giving the instructor his undivided attention as well.
2. At the command of "Kyong Ye" (bow), the student bows to the instructor while remaining at attention stance.
3. After the instructor announces the title or number of exercise that will be performed, the instructor gives the command of "junbi" (ready), the student will then take the appropriate Junbi Sogi (ready stance).
4. At the command of "Si Jak" (commence), the student begins with the initial movement as the instructor counts "Hana" (one) "dool" (two), "Set" (three), "Net" (four), "Dasot" (five), "Yosot" (six), "Ilgop" (Seven), "Yodul" (eight), "Ahop" (nine), and so on., until the command of "guman" (stop) is given.
5. At the command of "Swiyo" (at ease), the student relaxes with a parallel ready stance.
6. At command of "Hae san" (dismiss), the student can walk away.

## METHOD OF EXERCISE (Yonsup Bop)

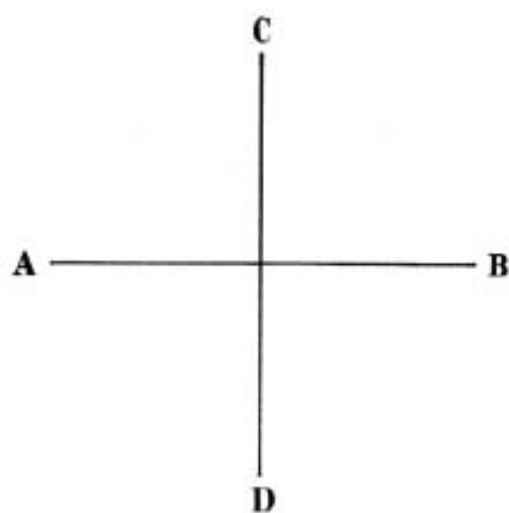
### 1. Parallel Stance Punch (*Narani So Jirugi*)

**Ready posture (*Junbi Jase*): Attention stance.**

At the command of "parallel stance punch ready" (*Narani so jirugi junbi*) move the left foot from an attention stance to form a parallel stance toward D while extending the left fist to D horizontally.



Ready Posture



Direction diagram



Side View

- i. At the command of "commence" (Sijak)  
Punch to D with the right fist while maintaining the same stance toward D.

**Top View**



**Previous posture**



**Side View**

**Keep both heels slightly off the ground.**





- ii. Punch to D with the left fist while maintaining the same stance toward D.



Keep both heels slightly off the ground.



Bring the left foot back to a ready posture.

After repeating i and ii at the command of "Stop" (Guman); bring the left foot back to a ready posture or attention stance. At the start of the punch, keep both heels slightly off the ground and then execute a punch. Be sure to perform these two actions in one smooth motion. The same principle is applicable to a close stance punch.





## 2. Close Stance Punch (*Moa So Jirugi*)

### Ready posture (*Junbi Jase*): **Parallel ready stance**

At the command of close stance punch (*Moa So Jirugi Junbi*): Bring the left foot to the right foot, forming a close stance toward D while extending the left fist to D horizontally.

- i. At the command of commence (*Sijak*):  
Punch to D with the right fist while maintaining the same stance toward D.

### Parallel ready stance



### Side View

Keep both heels slightly off the ground.



- ii. Punch to D with the left fist while maintaining the same stance toward D.



Keep both heels slightly off the ground.



Bring the left foot back to a ready posture.



Top View

After repeating i and ii, at the command of "Stop" (Guman); bring the left foot back to a ready posture or parallel ready stance.

The fist must be at the center of the attacker's body at the moment of impact. The same principle is applicable to the parallel stance punch, sitting stance punch, and walking stance punch as far as a front punch is concerned.

### 3. Sitting Stance Punch (*Annun So Jirugi*)

Ready posture: Close ready stance B.

At the command of "sitting stance punch ready":

Move the left foot to B, forming a sitting stance toward D while extending the left fist to D horizontally.



Ready Posture



- i. At the command of "commence"; Punch to D with the right fist while maintaining the same stance toward D.



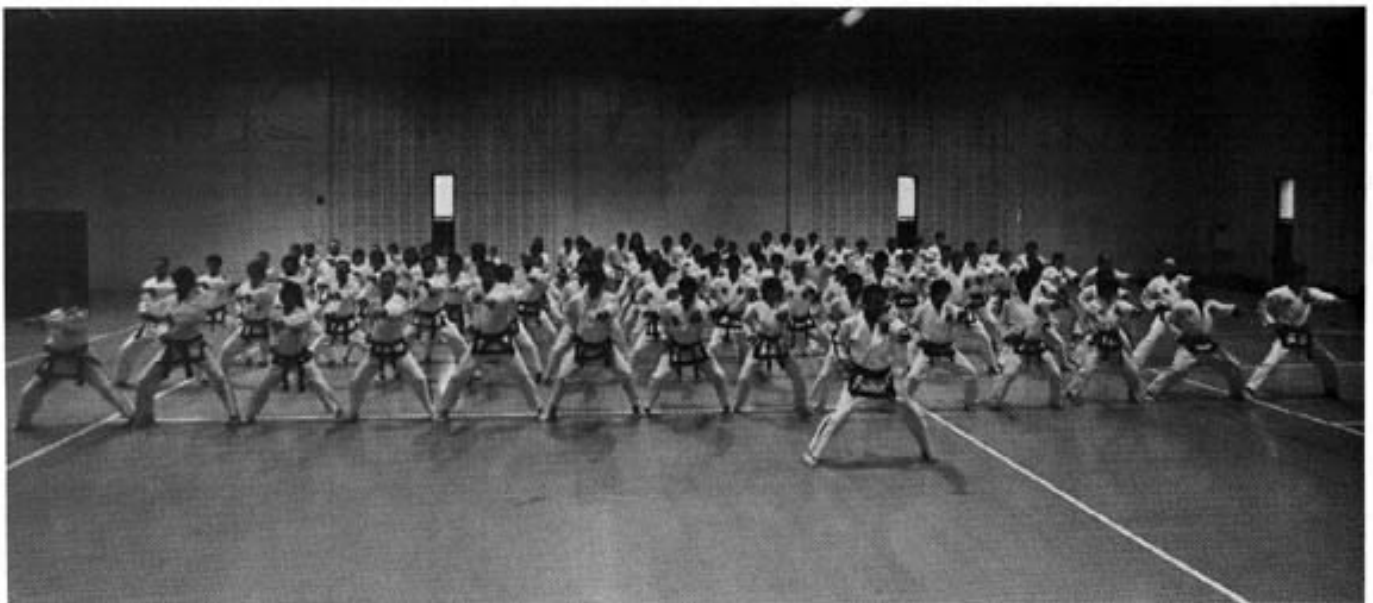
Side View

- ii. Punch to D with the left fist while maintaining the same stance toward D.

**Previous Posture**



**Raise the body slightly.**



iii. Punch to D With the right fist while maintaining the same stance toward D.



Bring the left foot back to a ready posture.



Side View

Raise the body slightly.

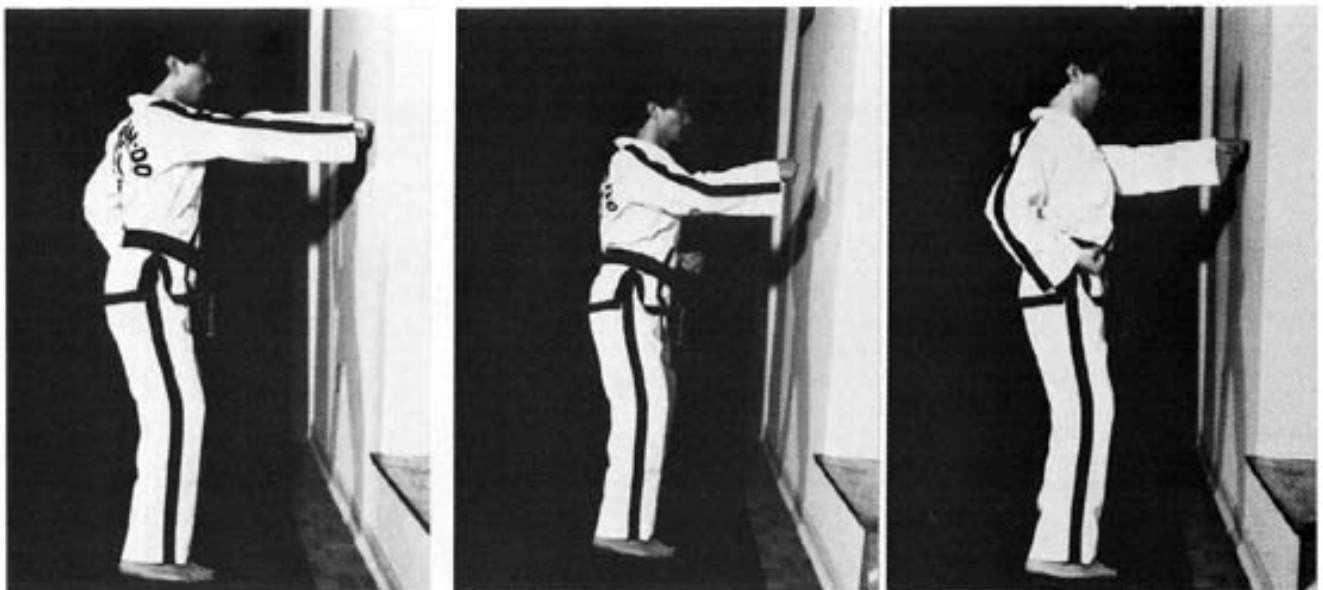
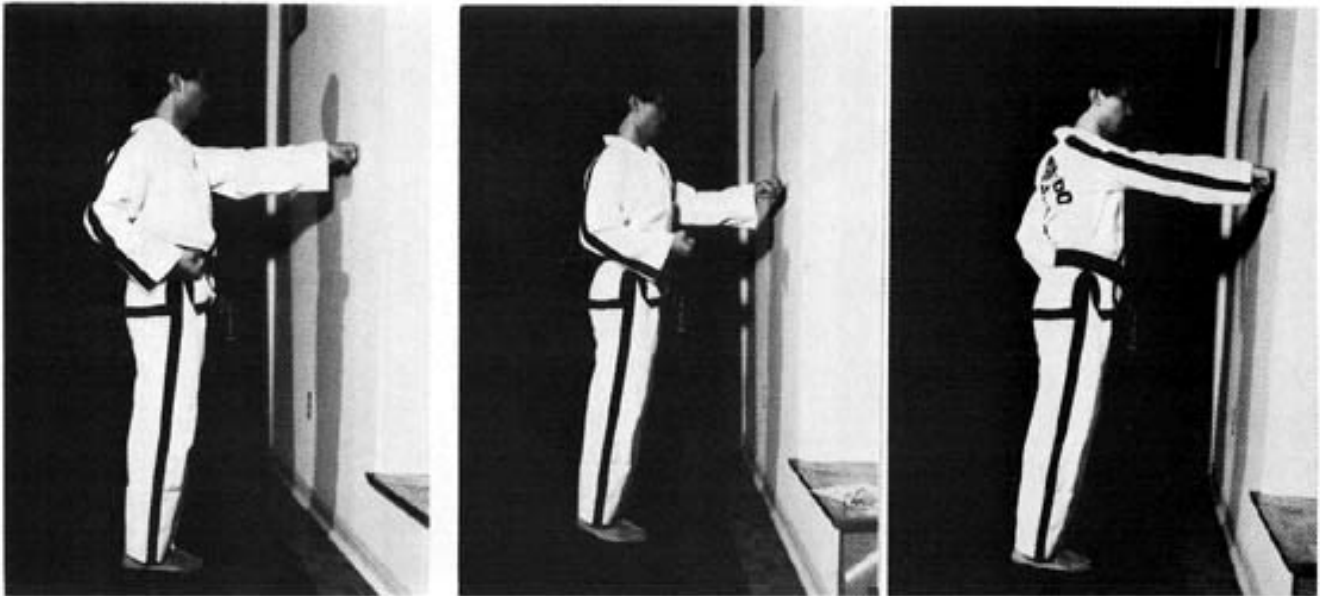
After repeating ii and iii, at the command of "stop"; bring the left foot back to a ready posture or close ready stance B.

At the start of the punch, raise the body slightly and then execute a punch. Be Sure to perform these two actions in one smooth motion.



In parallel stance, close stance and sitting stance it is highly desirable to conduct the punching exercise at a distance of one full arm's length against a forging post or a wall. This will prevent throwing the shoulder since the beginner cannot possibly punch beyond the hard surface.

**Parallel Stance**



**Sitting Stance**

#### 4. Walking Stance Spot Obverse Punch (*Gunnun So Gujari Baro Jirugi*)

**Ready posture:** Parallel ready stance.

- i. Commence (*Sijak*): Move the right foot to D, forming a right walking stance toward D while punching to D with the right fist, and then bring the right foot back to a ready posture.



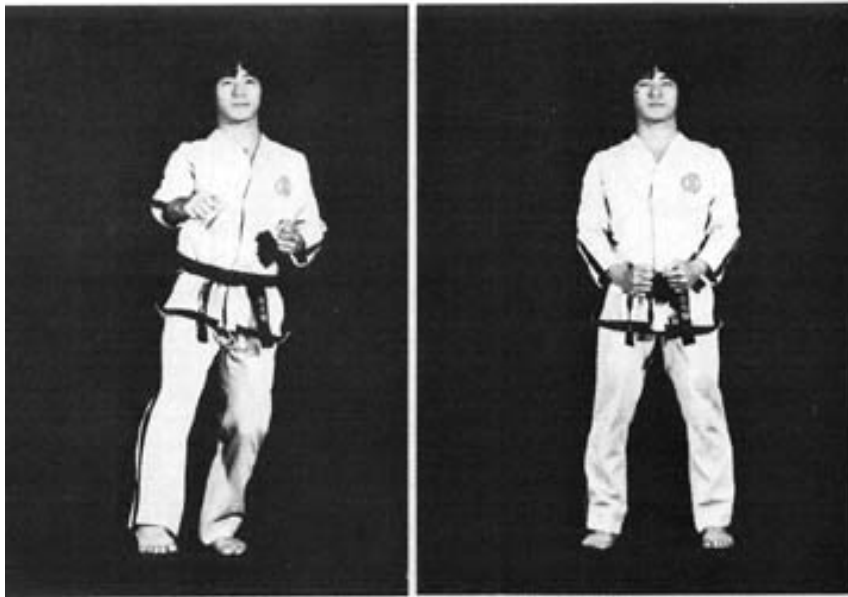
Ready Posture



- ii. Move the left foot to D, forming a left walking stance toward D while punching to D with the left fist, and then bring the left foot back to a ready posture. Repeat i and ii.



**Top View**



**Side View**



**At the start of the punch; pull the punching fist toward the hip while extending the other fist to the front, and then execute the punch.**

**Be sure to perform these two actions in one smooth motion.**

**5. Walking Stance Forearm Spot Low Obverse Block**  
*(Gunnun So Palmok Gujari najunde Baro Makgi)*

**Ready posture: Parallel ready stance.**

- i. Commence: Move the left foot to B to form a left walking stance toward B while blocking to B with the left forearm, and then bring the left foot back to a ready posture.



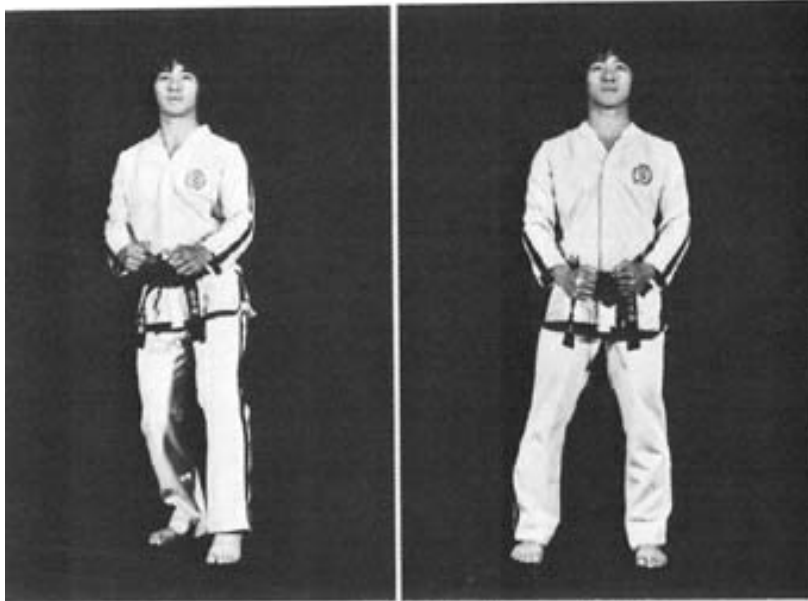
**Ready Posture**



- ii. Move the right foot to A, forming a right walking stance toward A while blocking to A with the right forearm, and then bring the right foot back to a ready posture.  
Repeat i and ii



Keep the back forearms crossed in front of the right chest, placing the left forearm on the other and vice-versa.



Side View



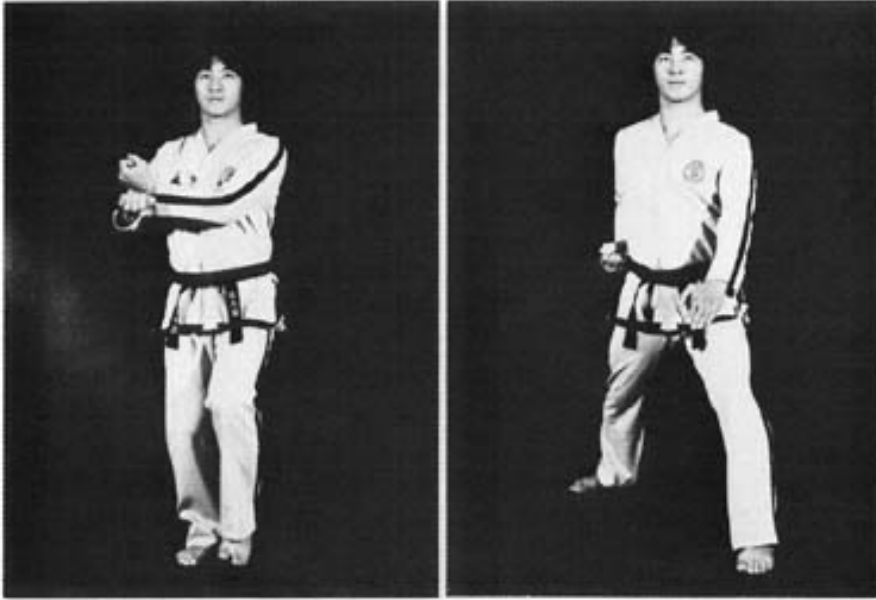
Keep the body half facing the target at the moment of block.

The reason for keeping the back forearm crossed at the start of blocking is to observe the revolving principle.



**6. Walking Stance Knife-Hand Spot Low Obverse Block**  
*(Gunnun So Sonkal Gujari Najunde Baro Makgi)*

This procedure of exercise is exactly the same as that of the forearm spot low obverse block.



Keep the back forearms crossed in front of the rib cage.



Side View



## 7. Walking Stance Stepping Obverse Punch

(*Gunnun So Omkyo Didimyo Baro Jirugi*)

### a. Forward Stepping Punch (*Jillo Nagagi*)

**Parallel ready stance.**

- i. Move the right foot to D forming a right walking stance toward D while punching to D with the right fist.

**Ready Posture**



- ii. Move the left foot to D, forming a left walking stance toward D while punching to D with the left fist.

Repeat i and ii.



**Side View**

**b. Backward Stepping Punch (*Jillo Duruogi*)**

**Assume a left walking stance toward D.**

- i. Move the left foot to C, forming a right walking stance toward D while punching to D with the right fist.



Previous Posture



- ii. Move the right foot to C, forming a left walking stance toward D while punching to D with the left fist. Repeat i and ii.



Side View



Pivoting with the right foot



c. **Spot-Turning** (*Gujari Dolgi*)

Assume a left walking stance toward D.

Turn clockwise, pivoting with the left foot or right foot to form a right walking stance toward C while punching to C with the right fist.

Counter clockwise turning is not possible.

The ball of the foot must be used as a pivot.

Pivoting with the left foot



**8. Walking Stance Spot Reverse Punch**  
*(Gunnun So Gujari Bandae Jirugi)*

**Close ready stance A.**

- i. Move the left foot to D to form a left walking stance toward D while punching to D with the right fist and then bring the left foot back to a ready posture.



**Ready Posture**



**Side View**





Top View

Side View



- ii. Move the right foot to D, forming a right walking stance toward D while punching to D with the left fist and then bring the right foot back to a ready posture.  
Repeat i and ii.



**9. Walking Stance Stepping Forearm Low Obverse Block**  
(*Gunnun So Nagamyo Palmok Najunde Baro Makgi*)

**a. Forward Stepping Block** (*Maga Nagagi*)

Parallel ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while blocking to D with the left forearm.



Ready Posture



- ii. Move the right foot to D, forming a right walking stance toward D while blocking to D with the right forearm.  
Repeat i and ii.

Side View





**b. Backward Stepping Block (*Maga Duruogi*)**

**Assume a left walking stance toward D.**

- i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the right forearm.



**Previous Posture**



- ii. Move the right foot to C, forming a left walking stance toward D while blocking to D with the left forearm.





**c. Backward Step-Turning (*Dwiro Omgyo Didimyo Dolgi*)**

**Assume a left walking stance toward D.**

Move the left foot to C, turning counter-clockwise to form a left walking stance toward C while blocking to C with the left forearm or left knife-hand.

Clockwise turning is not logical because the blocking tool has to pass the opponent before execution of block.

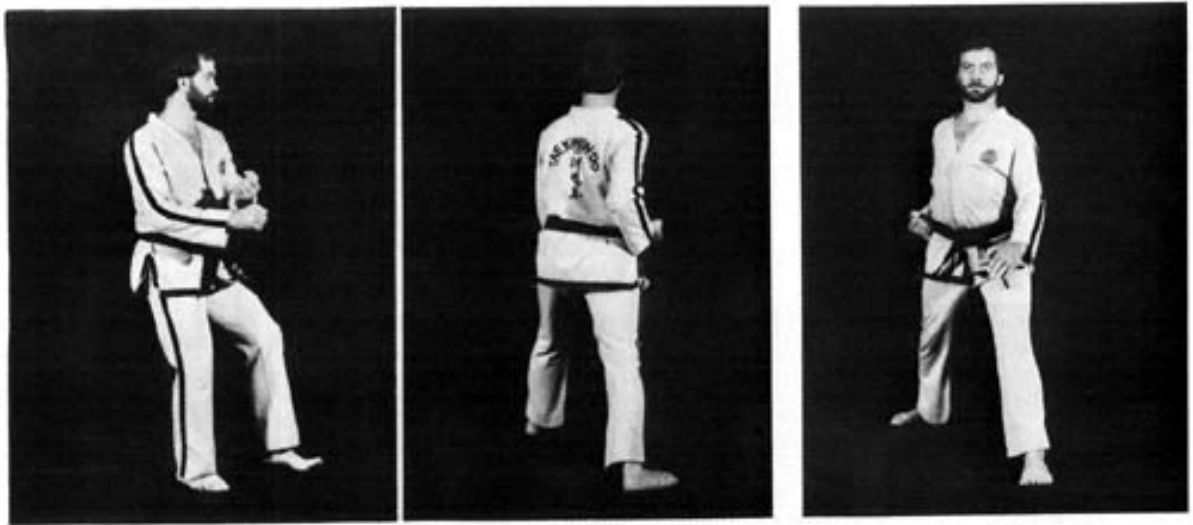
**Counter-clockwise Turning.**



**Forearm**



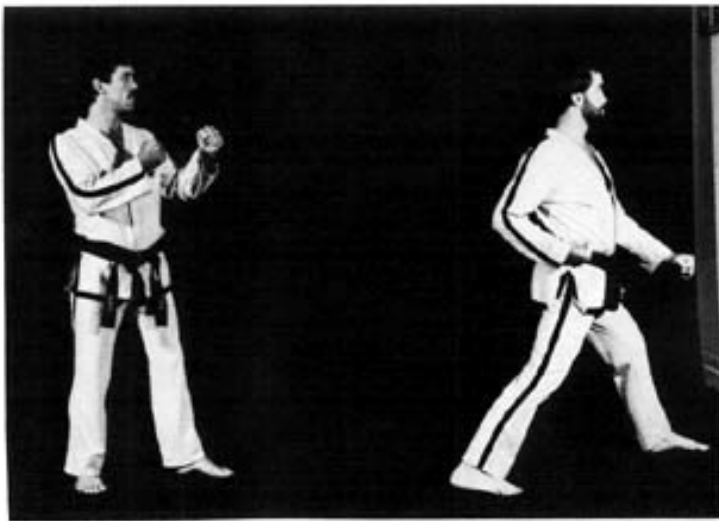
**Side View**



Other View

Clockwise Turning

Side View



**10. Walking Stance Knife-Hand Low Obverse Block (*Gunnun So Omgyo Didimyo Sonkal Najunde Baro Makgi*)**

**a. Forward Stepping Block.**

**Right walking ready stance.**

- i. Move the left foot to D, forming a left walking stance toward D while blocking to D with the left knife-hand.



Ready Posture



- ii. Move the right foot to D, forming a right walking stance toward D while blocking to D with the right knife-hand.  
Repeat i and ii.

Side View



**b. Backward Stepping block**

**Assume a left walking ready stance toward D.**

- i. Move the left foot to C to form a right walking stance toward D at the same time blocking to D with the right knife-hand.



- ii. Move the right foot to C, forming a left walking stance toward D while blocking to D with the left knife-hand.

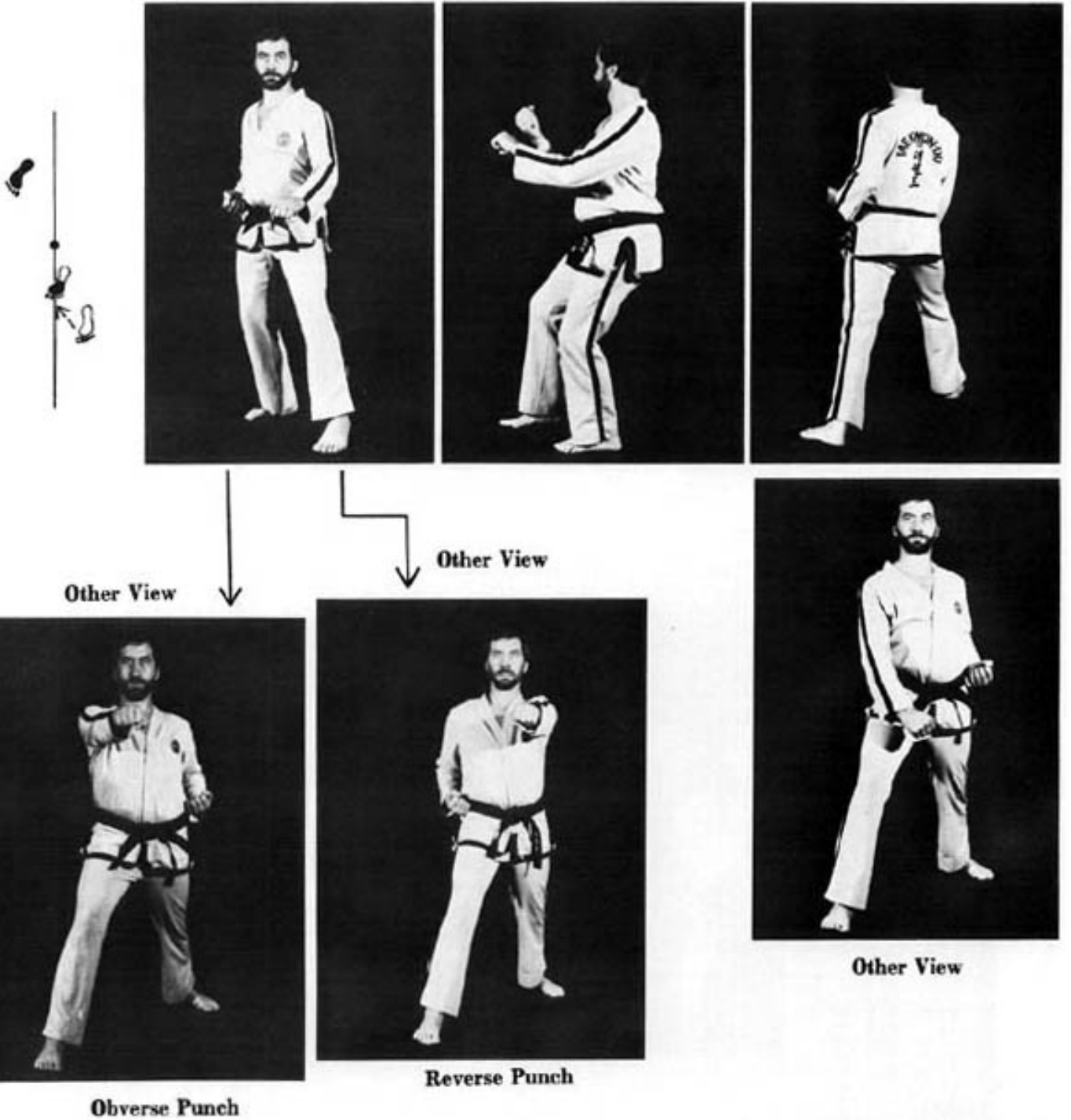
Repeat i and ii.



c. Spot-Turning

Assume a left walking stance toward D.

Move the left foot on line CD, and then turn clockwise to form a right walking stance toward C, at the same time executing a low block with the right knife-hand or right forearm or punching with either fist.





## 11. Walking Stance Inner Forearm Obverse Side Block (*Gunnun So Anpalmok Baro Yop Makgi*)

### a. Spot Block

Parallel ready stance.

- i. Move the left foot to BD, forming a left walking stance toward BD while blocking to BD with the left inner forearm, and then bring the left foot back to a ready posture.



- ii. Move the right foot to AD, forming a right walking stance toward AD while blocking to AD with the right inner forearm, and then bring the right foot back to a ready posture.

Side View





**b. Forward Stepping Block**

- i. Move the left foot to D, forming a left walking stance toward D while blocking to D with the left inner forearm.



**Other View**



- ii. Move the right foot to D, forming a right walking stance toward D while blocking to D with the right inner forearm.



**Side View**

**c. Backward Stepping Block**

- i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the right inner forearm.



**Previous Posture**

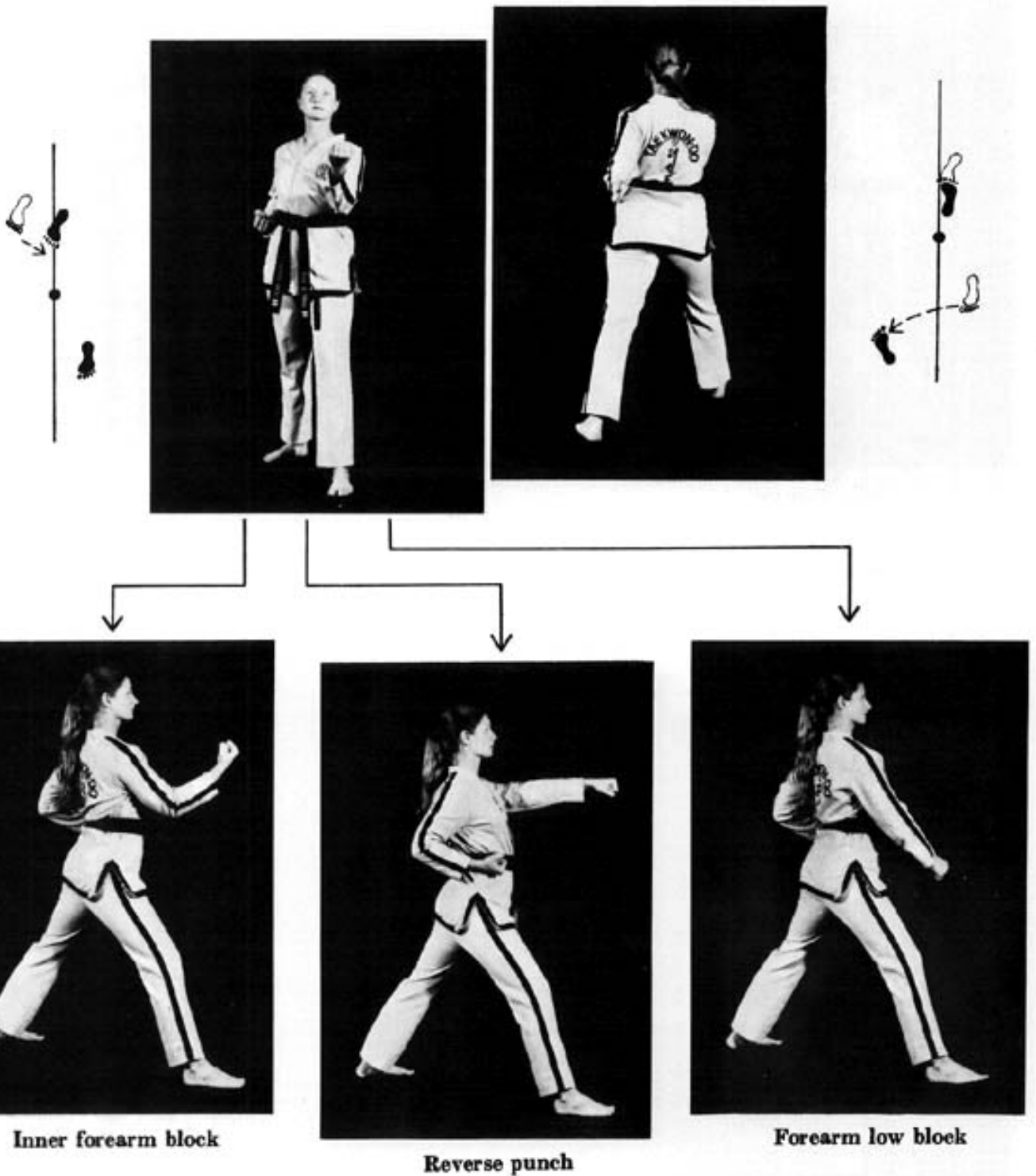


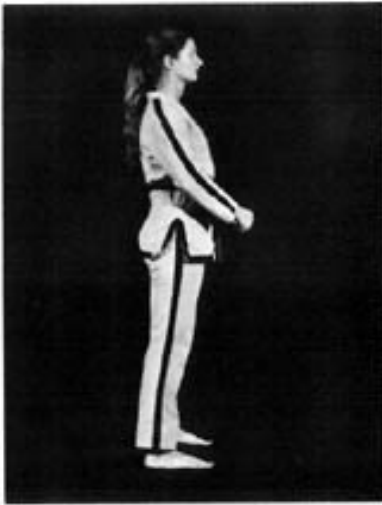
- ii. Move the right foot to C, forming a left walking stance toward D while blocking to D with the left inner forearm.



#### d. Spot Turning

Move the right foot on line CD, and then turn clockwise to form a right walking stance toward C while executing a side block to C with the right inner forearm or any other technique learned already. Counter-clockwise turning is not possible.





**Parallel ready stance**



**Top View**



**Keep the forearms crossed in front of the right chest with both back fists faced upward, placing the left forearm under the other at the beginning of the block to observe the revolving principle.**



**The body becomes half facing.**



## 12. Front Rising Kick (*Apcha Olligi*)

### a. Spot Kick (*Gujari Chagi*)

Right walking ready stance.

- i. Raise the left foot and then lower it to C, forming a ready posture toward D.



Raise the foot as high as possible while keeping the position of the hands as they were in order to develop the muscles of the leg fully.



Keep the forearms crossed in front of the solar plexus.

Side View

- ii. Repeat i.

After repeating i, bring the left foot to the right foot to exercise with the right foot.

Bend the elbow about 30 degrees,  
keeping the distance between the  
fist and thigh one foot.



Front View



Left walking ready stance



Side View



**b. Forward Stepping Kick (*Apcha Ollimyo Nagagi*)**

**Right walking ready stance.**

- i. Raise the left foot and then lower it to D to form a left walking ready stance toward D.



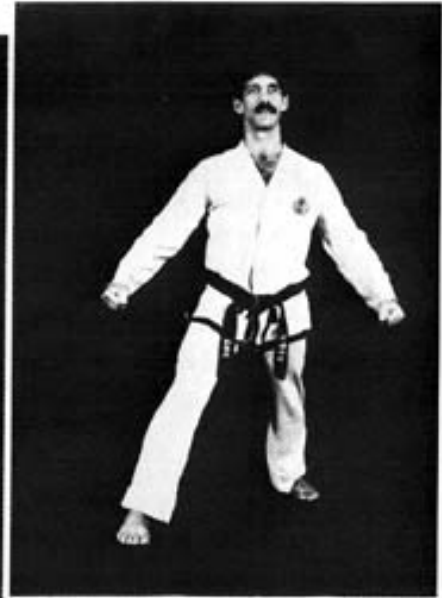
- ii. Raise the right foot and then lower it to D to form a right walking ready stance toward D.





**c. Backward Stepping Kick (*Apcha Ollimyo Duruogi*)**

- i. Raise the left foot and then lower it to C, forming a right walking ready stance toward D.



- ii. Raise the right foot and then lower it to C to form a left walking ready stance toward D.



**d. Spot-Turning**

Turn clockwise, pivoting with the right foot or left foot to form a right walking ready stance toward C.  
Counter-clockwise turning is not possible.

**Pivoting with the right foot**



**Left walking ready stance**



**Pivoting with the left foot**

### 13. Walking Stance Reverse Knife-Hand Obverse Side Block (Gunnun So Sonkal Dung Baro Yop Makgi)

The procedure of exercise is the same as that of the inner forearm side block on page 57.



Side View



## 14. Sitting Stance Side Rising Kick (*Annun So Yopcha Olligi*)

### 1) Double Stepping Kick

#### Sitting Ready Stance.

##### a. Toward B (*B-Bang*)

- i. Cross the right foot over the left foot to raise the left foot to B, and then lower it to B to form a ready posture toward D.
- ii. Repeat i.

Keep the body half facing the target



Ready Posture

##### b. Toward A (*A-Bang*)

- i. Cross the left foot over the right foot to raise the right foot to A, and then lower it to A, forming a ready posture toward D.
- ii. Repeat i.



Kicking footsword should point to the target diagonally, keeping the body half facing the target at the start of raising the foot. The foot must be raised as if grazing the floor with a footsword at the beginning of the foot raising.

The toes of the kicking foot must face slightly downward at the moment of impact.

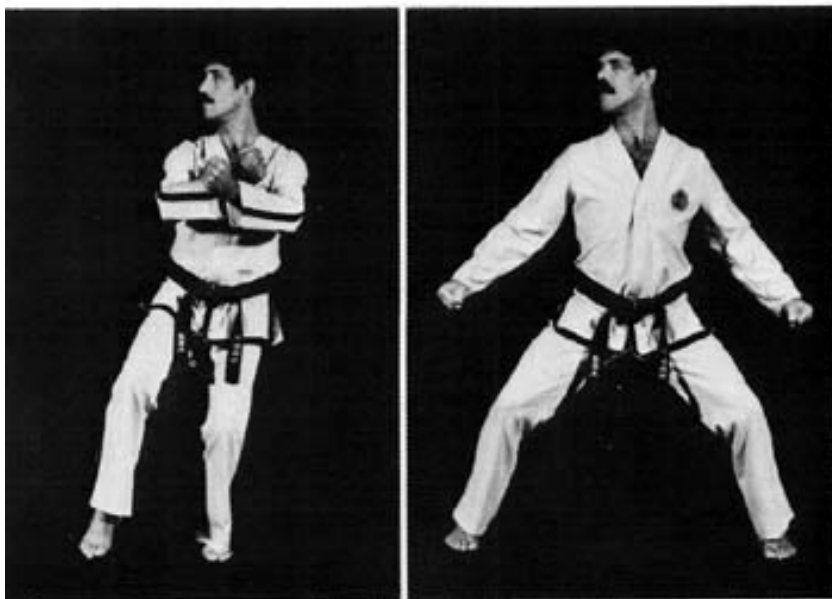


Keep the forearms crossed in front of the chest.

Raise the foot as high as possible to develop the leg muscles fully.



Side View



**c. Toward D (*D-Bang*)**

Assume a sitting ready stance toward B.

- i. Cross the left foot over the right foot to raise the right foot to D, and then lower it to D to form a ready posture toward B.
- ii. Repeat i.



After repeating i and ii, start with the left foot toward C.



## 2) Single Stepping Side Rising Kick

Both the method and procedure of exercise are the same as those of a double stepping side rising kick except that the opposite foot is brought to the raising foot instead of crossing over.

### a. Toward B



### b. Toward A





c. **Toward C** (*C-Bang*)

Assume a sitting ready stance toward A.



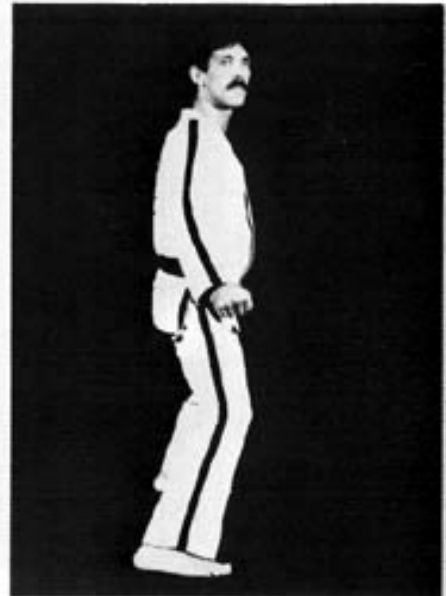
**Application**



**d. Forward Stepping Kick**

Assume a sitting ready stance toward A.

- i. Kick with the right foot while turning counter-clockwise and then lower it to D to form a sitting ready stance toward B.



- ii. Kick with the left foot while turning clockwise, and then lower it to D, forming a sitting ready stance toward A.



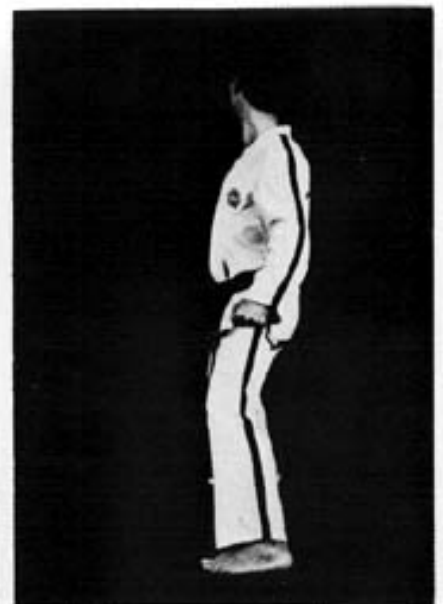
**e. Backward Stepping Kick**

Assume a sitting ready stance toward A.

- i. Kick with the left foot while turning clockwise and then lower it to C to form a sitting ready stance toward B.



- ii. Kick with the right foot while turning counter-clockwise and then lower it to C, forming a sitting ready stance toward A.



**f. Backward Step-Turning**

Assume a sitting ready stance toward A.

Move the left foot to C, turning counter-clockwise to form a sitting ready stance toward B.

Clockwise turning is not logical because the left arm has to pass the opponent.

Counter-clockwise



Side View

Clockwise



The left side of the body is completely exposed, thus the armpit is attacked.

## 15. Diagonal Stance Side Rising Kick (*Sasun So Yopcha Olligi*)

### 1) Double Stepping Side Rising Kick

The procedure of exercise remains the same as that of a sitting stance double stepping side rising kick.

#### a. Toward B

##### Right diagonal stance

- i. Cross the right foot over the left foot to raise the left foot to B, and then lower it to B to form a ready posture toward D.
- ii. Repeat i.



Ready Posture



#### b. Toward A

- i. Move the left foot to the side rear of the right foot to raise the right foot to A, and then lower it to A, forming a ready posture toward D.
- ii. Repeat i.





Other View



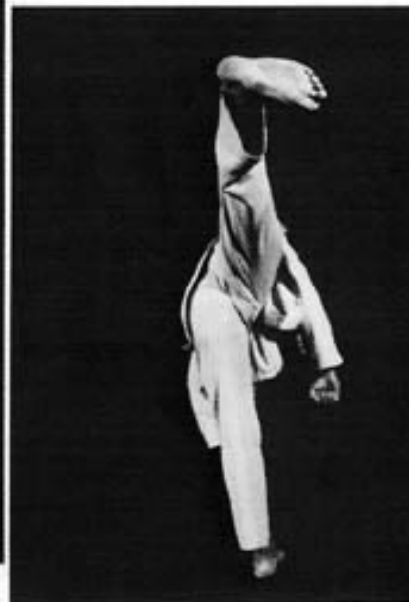
**c. Toward D**

Assume a left diagonal stance toward B.

- i. Cross the left foot over the right foot to raise the right foot and then lower it to D, forming a ready posture toward B.
- ii. Repeat i.



Ready Posture



**d. Toward C**

- i. Move the right foot to the side rear of the left foot to raise the left foot and then lower it to C, forming a ready posture toward B.
- ii. Repeat i.





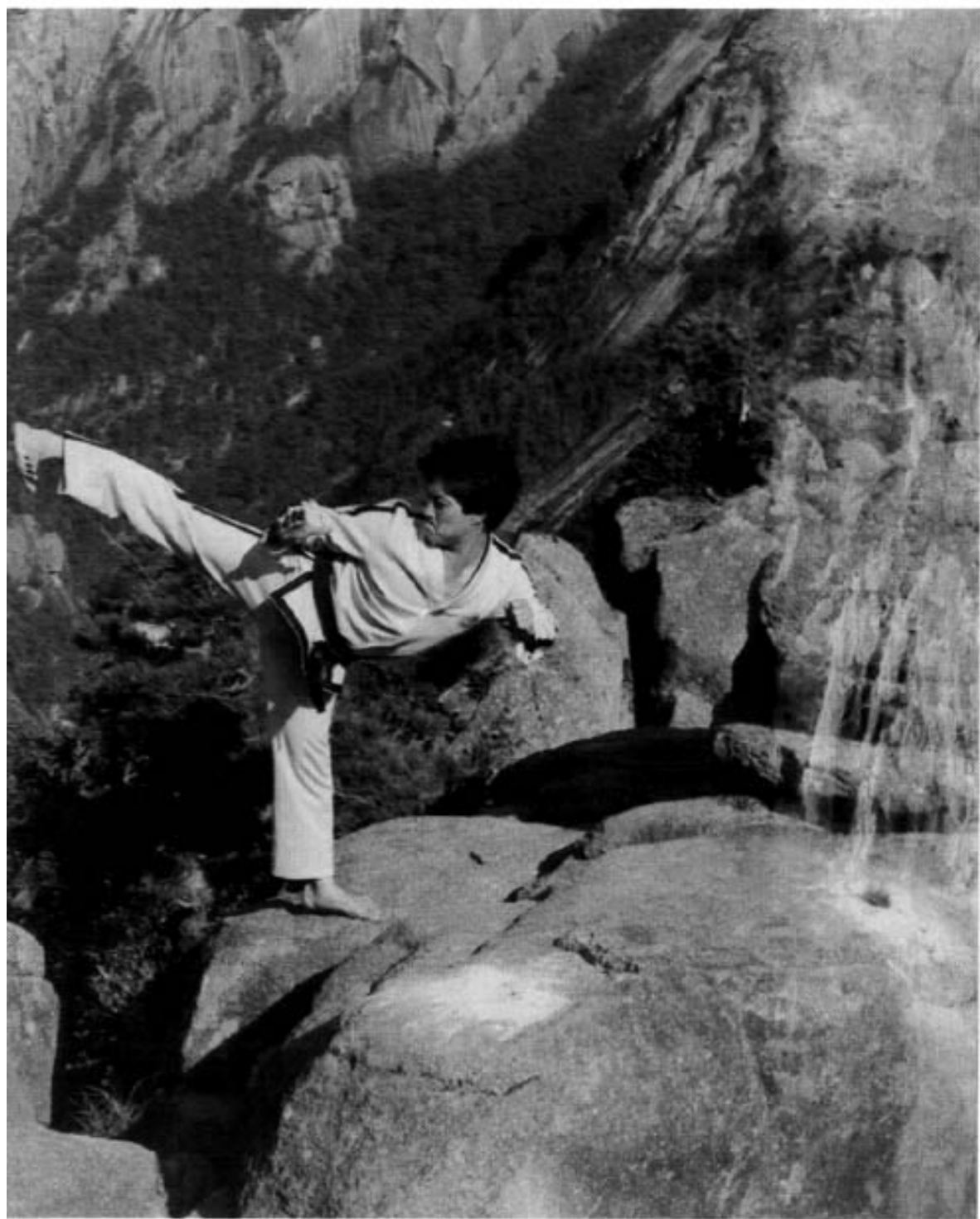


**Back View**



**Unlike a sitting stance, single stepping side rising kick with a diagonal stance is not practical.**





**16. L-Stance Inner Forearm Outward Block**  
*(Niunja So Anpalmok Bakuro Makgi)*

**a. Spot Block**

**Parallel ready stance.**

- i. Move the left foot to B to form a right L-stance toward B while blocking to B with the left inner forearm, and then bring the left foot back to a ready posture.



Ready Posture

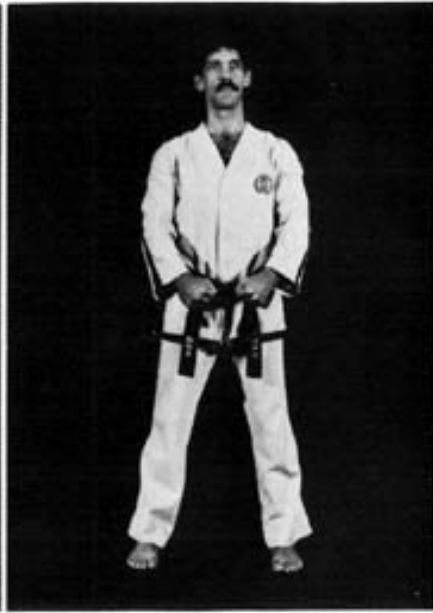


- ii. Move the right foot to A, forming a left L-stance toward A while blocking to A with the right inner forearm, and then bring the right foot back to a ready posture.



At the start of blocking keep the fore-arms crossed in front of the chest with both back fists faced upward, placing the blocking one under the other.

Top View



Keep the back forearm full facing the opponent at the moment of block.



**b. Forward Stepping Block**

- i. Move the left foot to D to form a right L-stance toward D while blocking to D with the left inner forearm.



**Top View**

- ii. Move the right foot to D, forming a left L-stance toward D while blocking to D with the right inner forearm.



**Back View**

**c. Backward Stepping Block**

**Assume a left L-stance toward D.**

- i. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left inner forearm.



**Previous Posture**



- ii. Move the left foot to C, forming a left L-stance toward D while blocking to D with the right inner forearm.



**Side View**

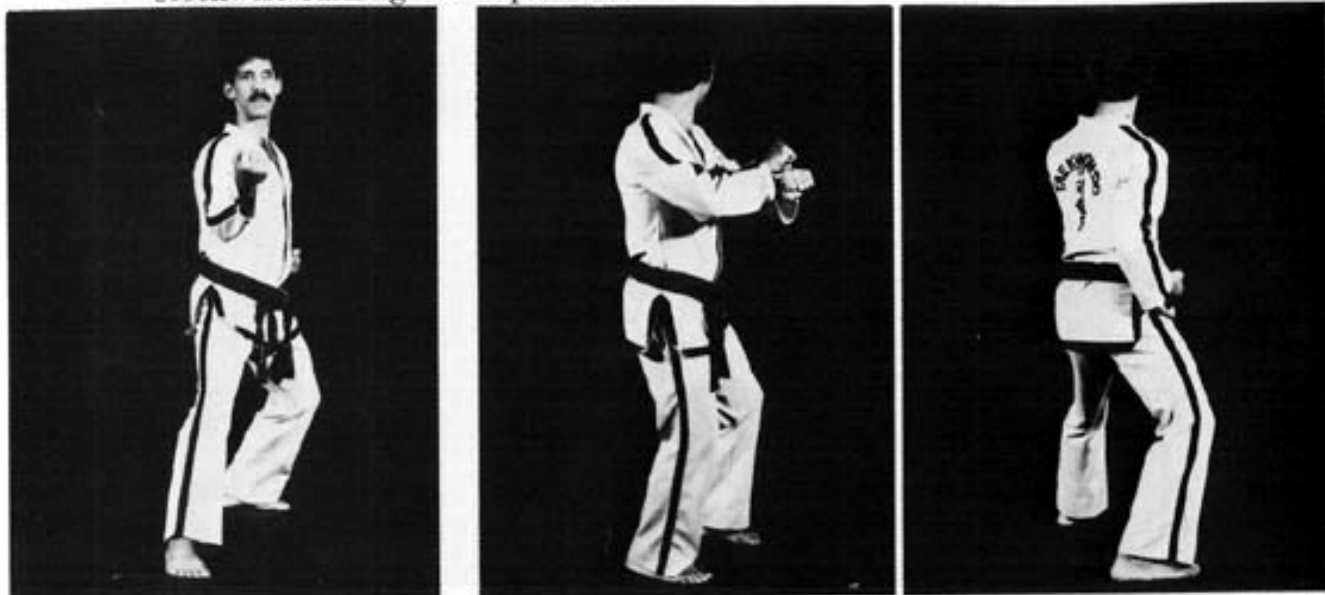


**d. Spot-Turning**

Assume a left L-stance toward D.

Turn counter-clockwise, pivoting with the right foot to form a right L-stance toward C while executing a middle block to C with the left inner forearm.

Clockwise turning is not possible.



Previous Posture



**17. L-Stance Reverse Knife-Hand Outward Block**  
*(Niunja So Sonkal Dung Bakuro Makgi)*

Both the procedure and method of exercise are the same as those of an L-stance inner forearm block.

**a. Forward Stepping Block**



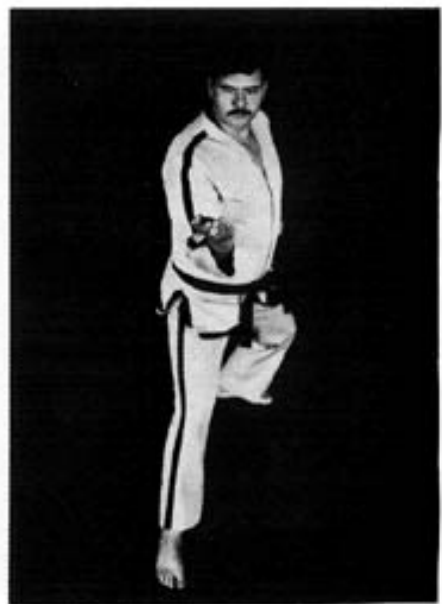
Side View



**b. Backward Stepping Block**



Top View



## 18. L-Stance Back Hand Outward Block (*Niunja So Sondung Bakuro Makgi*)

Both the method and procedure of exercise are also the same as those of an L-stance inner forearm block.

### a. Forward Stepping Block



Ready Posture



### b. Backward Stepping Block



Side View

**c. Spot-Turning**

**Assume a left L-stance toward D.**

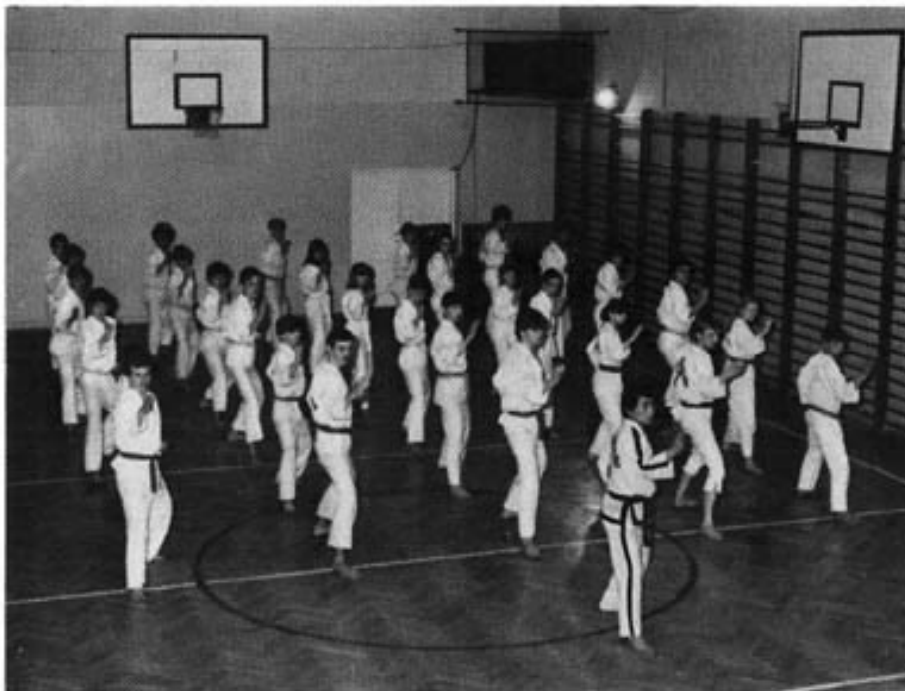
Turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while blocking to C with the left back hand.



**Previous Posture**



**Side View**

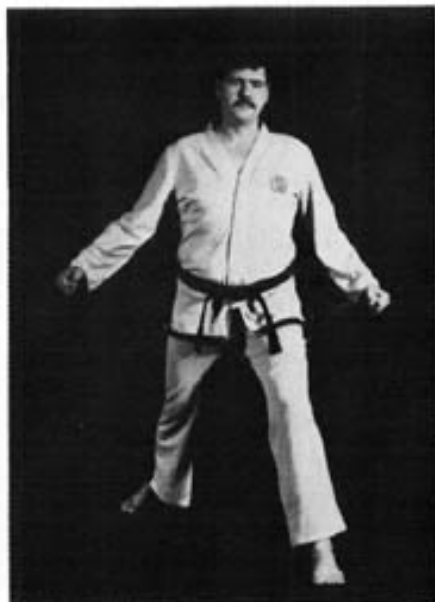


## 19. Front Snap Kick (*Apcha Busigi*)

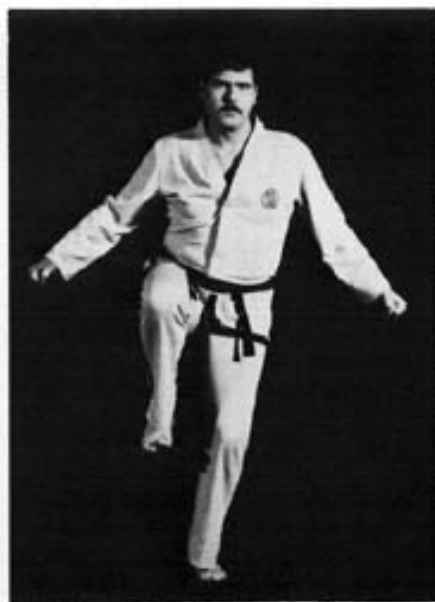
### a. Forward Stepping Kick

#### Left walking ready stance

- i. Execute a low front snap kick to D with the right ball of the foot, and then lower it to D, forming a right walking ready stance toward D.



Ready Posture



- ii. Execute a low front snap kick to D with the left ball of the foot, and then lower it to D, forming a left walking ready stance toward D.



Keep the forearms crossed in front of the solar plexus.



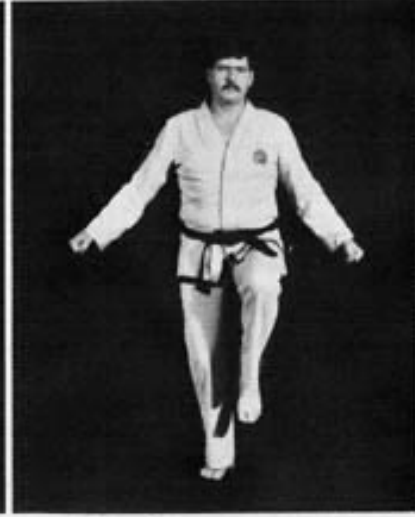
Side View



**b. Backward Stepping Kick**

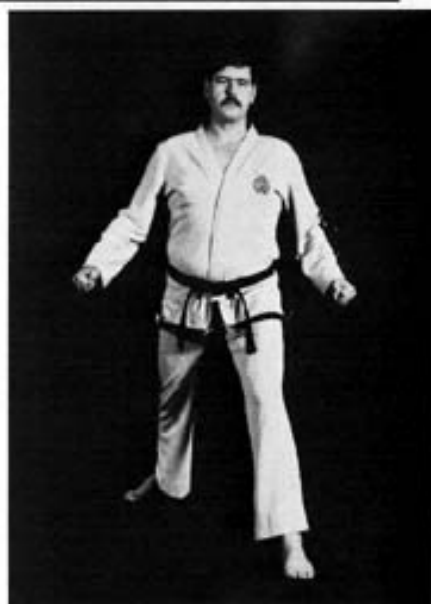
- i. Execute a low front snap kick to D with the left ball of the foot, and then lower it to C forming a right walking ready stance toward D.

**Side View**





- ii. Execute a low front snap kick to D with the right ball of the foot, and then lower it to C, forming a left walking ready stance toward D.



**c. Forward Step-Turning**

Move the right foot to D, turning clockwise or counter-clockwise to form a left walking ready stance toward C.



**Previous Posture**



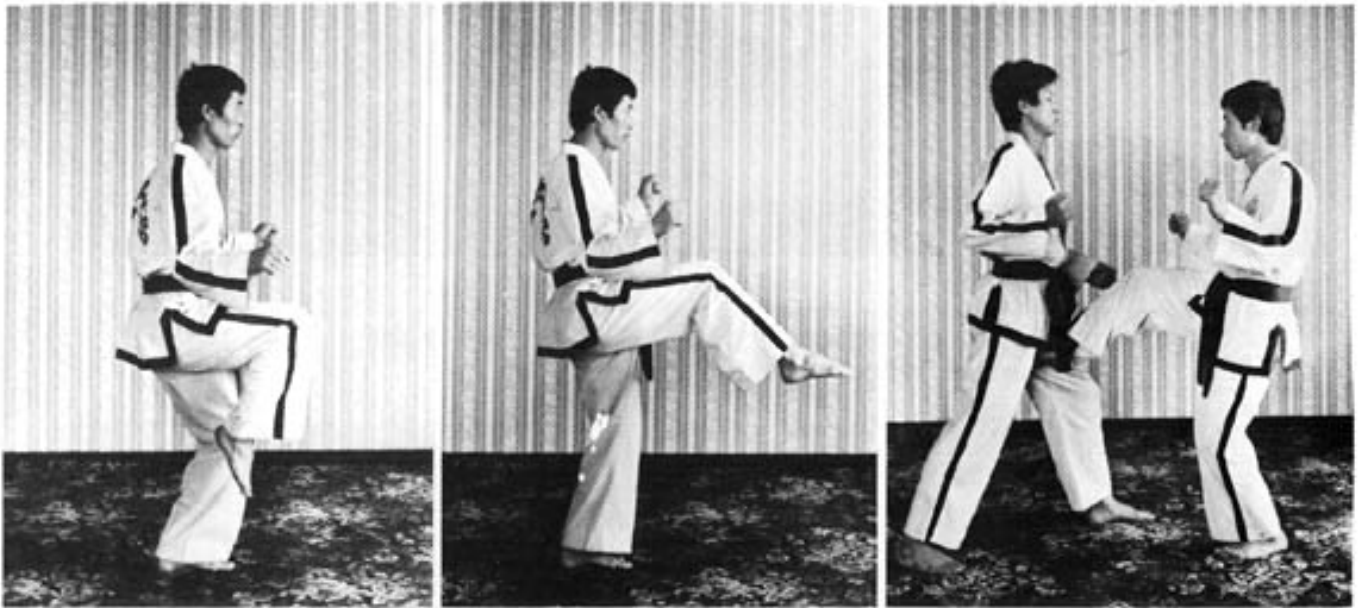
**Clockwise**



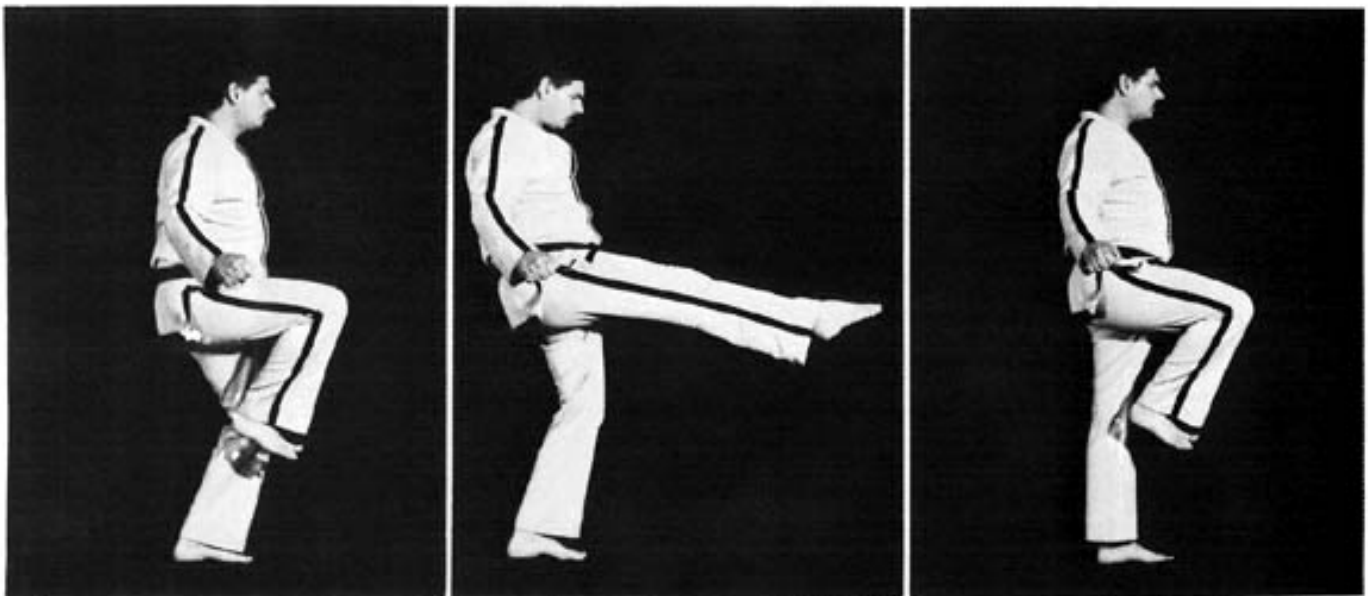
**Counter-clockwise**

\* Both the method and procedure of exercise for a front snap kick with an instep and toes are the same as those of the ball of the foot.

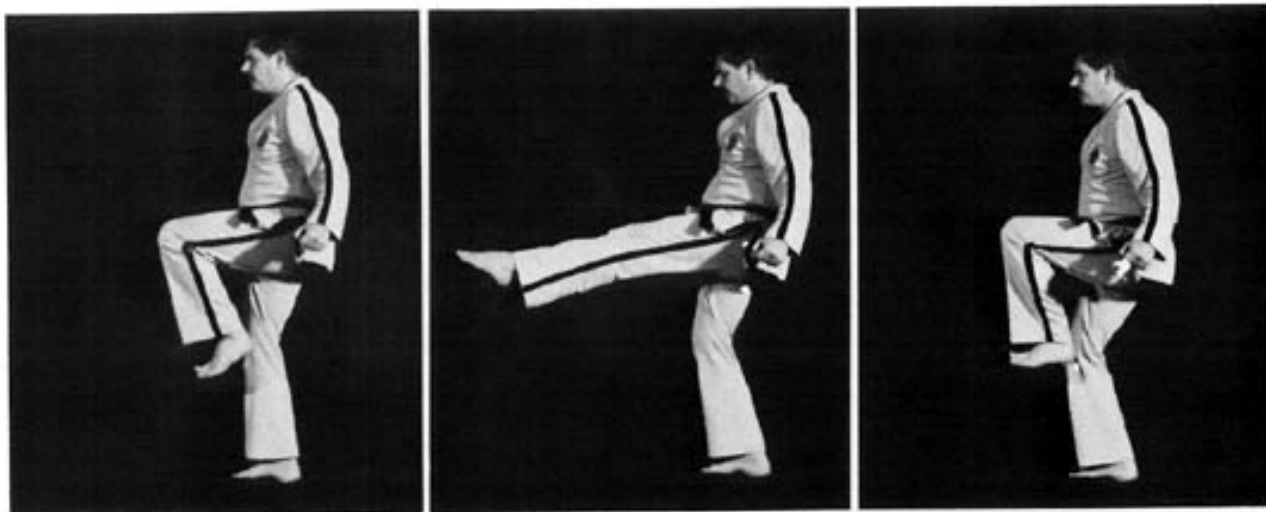
### **Instep (*Baldung*)**



### **Toes (*Balkut*)**



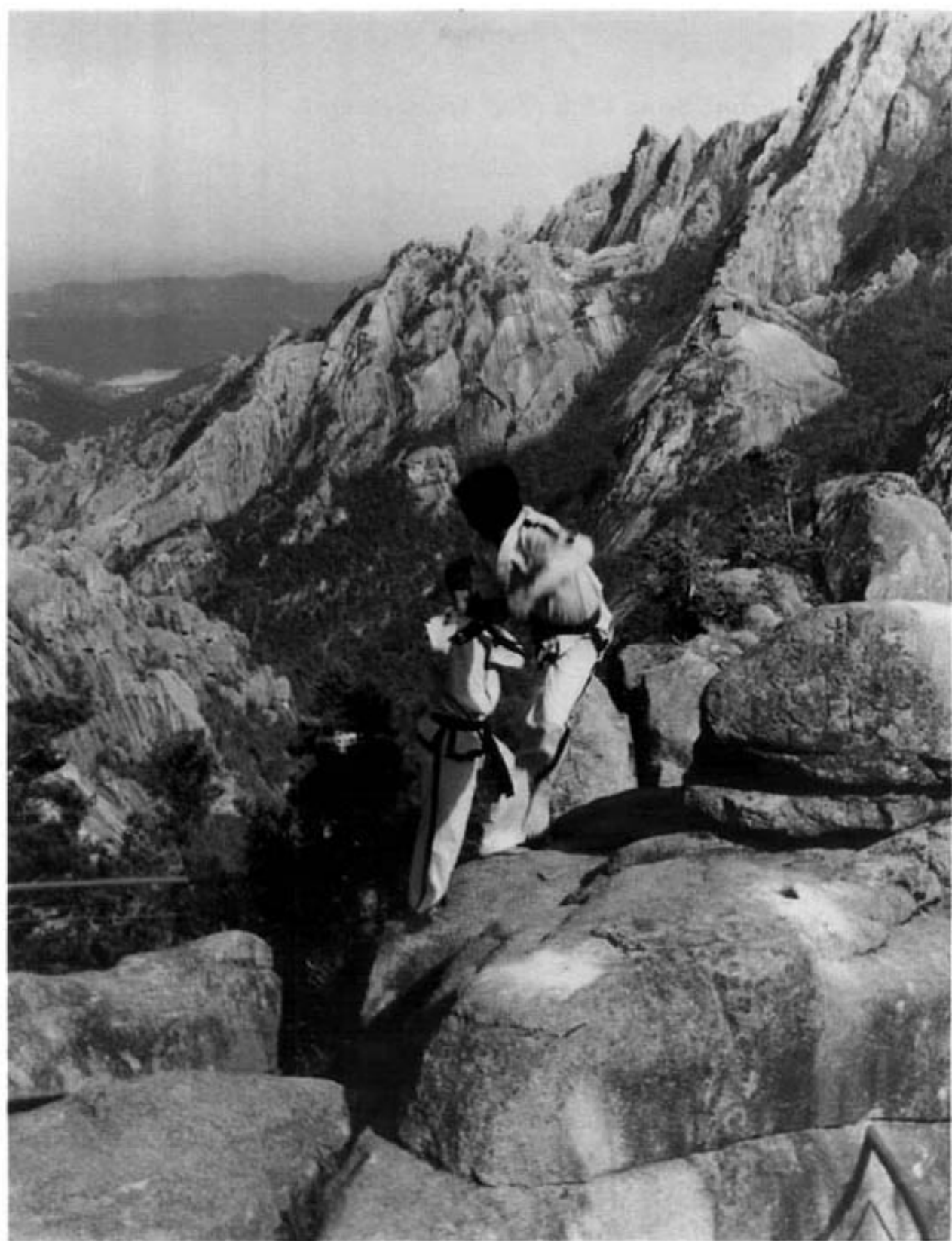
**Toes (*Balkut*)**



The procedure of exercise for the knee is the same as that of the ball of the foot.



**Front View**



## 20. Side Front Snap Kick (*Yop Apcha Busigi*)

### a. Forward Stepping Kick

#### Right L-ready stance.

- i. Execute a middle side front snap kick to D with the right ball of the foot, and then lower it to D forming a left L-ready stance toward D.



Ready Posture



- ii. Execute a middle side front snap kick to D with the left ball of the foot, and then lower it to D, forming a right L-ready stance toward D.





Side View

Keep the forearms crossed in front of the solar plexus.





## b. Backward Stepping Kick

Assume a left L-ready stance toward D.

- i. Execute a middle side front snap kick to D with the right ball of the foot, and then lower it to C forming a right L-ready stance toward D.



Previous Posture



- ii. Execute a middle side front snap kick to D with the left ball of the foot, and then lower it to C to form a left L-ready stance toward D.

Side View





Both the method and procedure of exercise for the instep and toes are the same as those of the ball of the foot. However, only low side front snap kick is possible.

### **Instep**

#### **a. Forward Stepping Kick**



#### **b. Backward Stepping Kick**



Toes

a. Forward Stepping Kick



b. Backward Stepping Kick



## 21. L-Stance Knife-Hand Guarding Block (*Niunja So Sonkal Daebi Makgi*)

### a. Forward Stepping Block

Parallel ready stance.

- i. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



Ready Posture



- ii. Move the right foot to D to form a left L-stance toward D while executing a guarding block to D with a knife-hand.



Side View



**b. Backward Stepping Block**

- i. Move the right foot to C, forming a right L-stance toward D while executing a guarding block to D with a knife-hand.



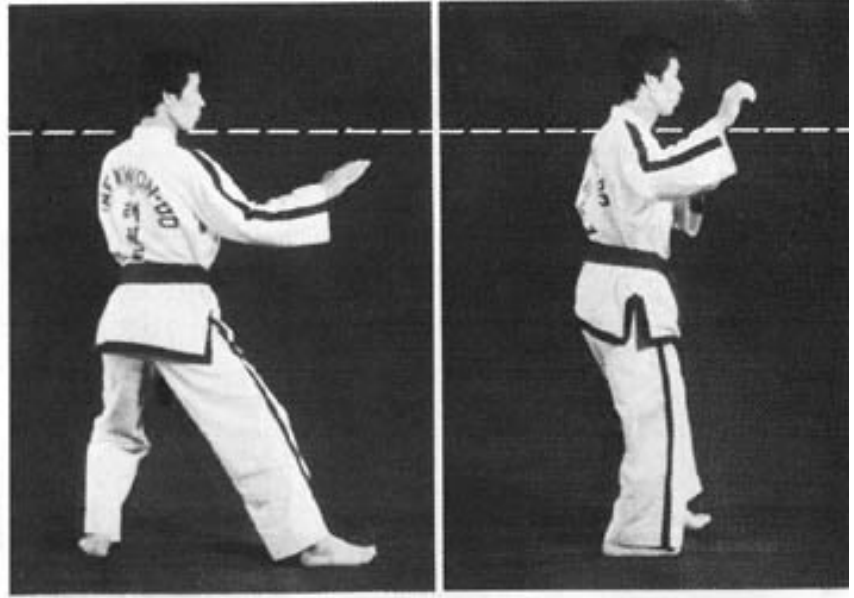
**Previous Posture**



- ii. Move the left foot to C, forming a left L-stance toward D while executing a guarding block to D with a knife-hand.



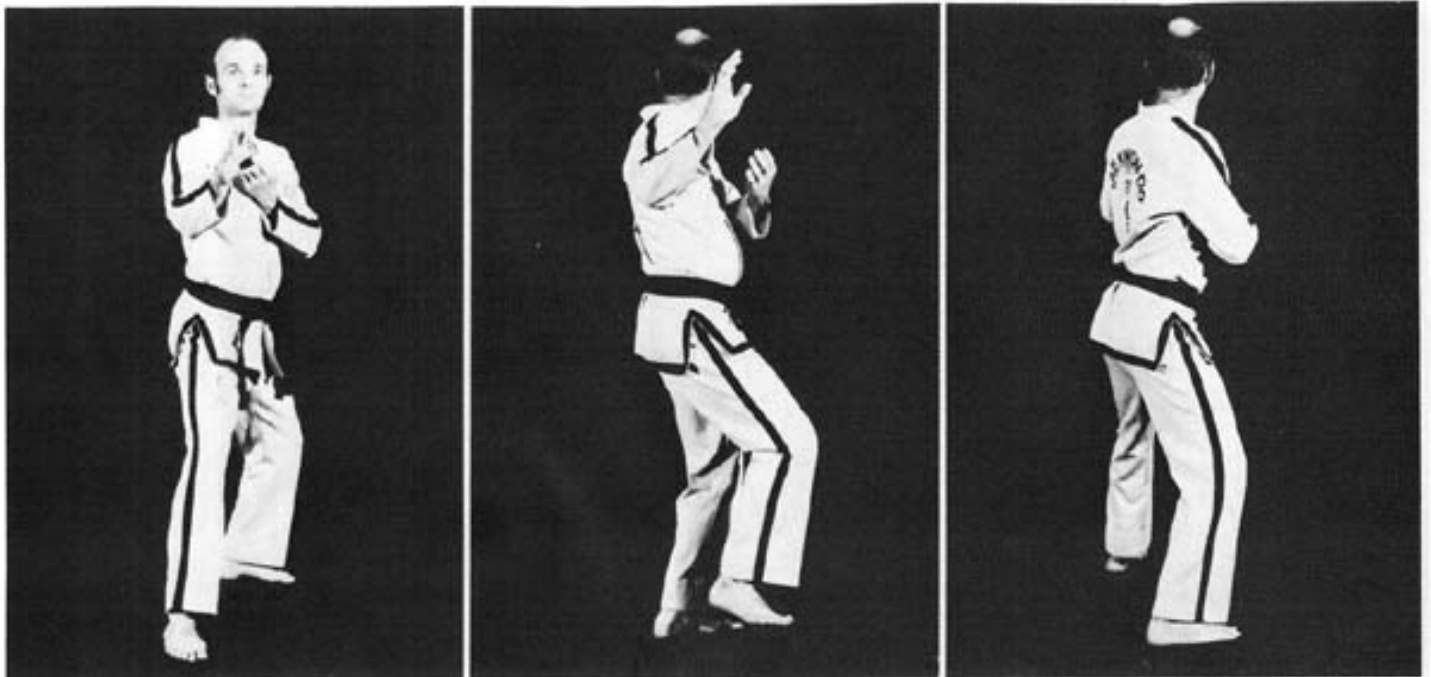
**Top View**



**c. Spot-Turning**

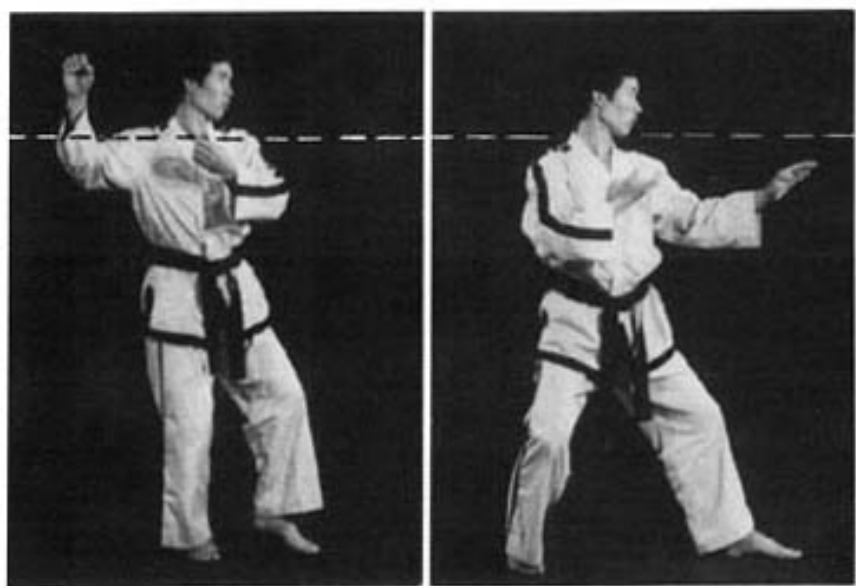
Turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while executing a guarding block to C with a knife-hand.

Clockwise turning is not possible.



Previous Posture





**Bring the blocking knife-hand in front of the opposite shoulder while raising the other knife-hand until its fingertips reach the eye level during the stepping motion.**



## 22. L-Stance Reverse Punch (*Niunja So Bandae Jirugi*)

### a. Forward Stepping Punch

Close ready stance B.

- i. Move the right foot to D, forming a left L-stance toward D while punching to D with the right fist, and then execute a high side piercing kick to D with the left foot.
- ii. Lower the left foot to D to form a right L-stance toward D while punching to D with the left fist, and then execute a high side piercing kick to D with the left foot.

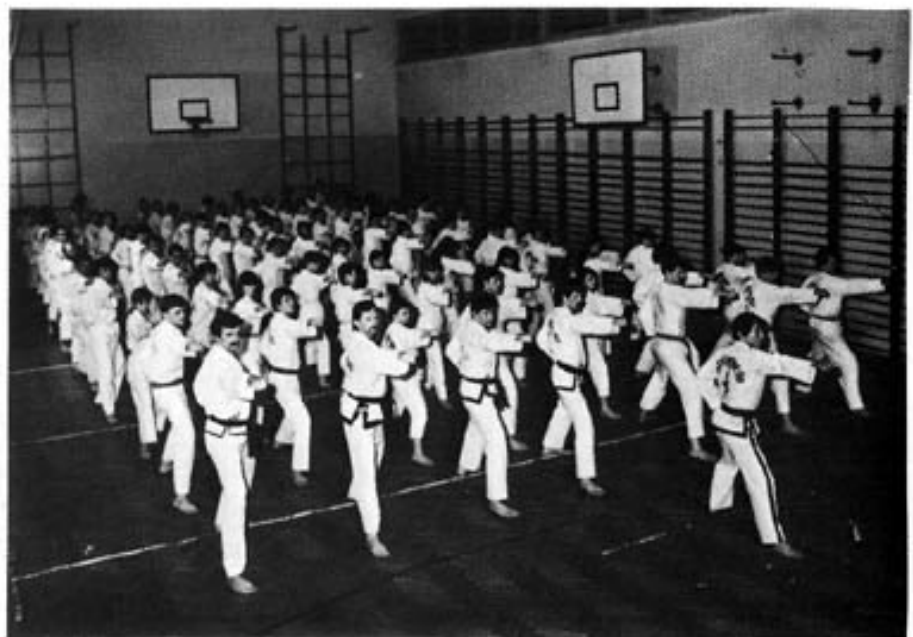


### b. Backward Stepping Punch

- i. Lower the right foot to C to form a right L-stance toward D while punching to D with the left fist, and then execute a high side piercing kick to D with the left foot.



- ii. Lower the left foot to C to form a left L-stance toward D while punching to D with the right fist, and then execute a high side piercing kick to D with the right foot.



### 23. L-Stance Forearm Guarding Block (Niunja So Palmok Daebi Makgi)

#### a. Spot Block

Close ready stance A.

- i. Move the left foot to B, forming a right L-stance toward B while executing a forearm guarding block to B.



Ready Posture



- ii. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a forearm guarding block to A.



Keep the left heel slightly off the ground.

- iii. Bring the right foot to the left foot, and then move the left foot to B, forming a right L-stance toward B while executing a forearm guarding block to B.

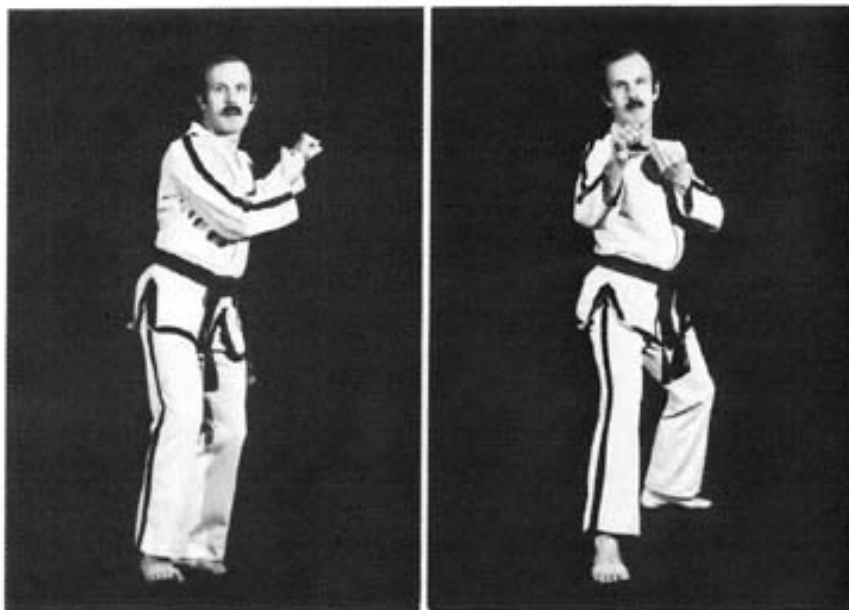
Repeat ii and iii.



Keep the right heel slightly off the ground.

#### b. Backward Stepping Block

- i. Move the left foot to D, forming a right L-stance toward D while executing a forearm guarding Block to D.
- ii. Move the right foot to D to form a left L-stance toward D while executing a forearm guarding block to D.



**c. Backward Stepping Block**

- i. Move the right foot to C to form a right L-stance toward D while executing a forearm guarding block to D



**Previous Posture**



- ii. Move the left foot to C, forming a left L-stance toward D while executing a forearm guarding block to C.

**d. Spot-Turning**

Move the right foot on line CD, and then turn counter-clockwise to form a right L-stance toward D while executing a forearm guarding block to C. Clockwise turning is not possible.

**Previous Posture**

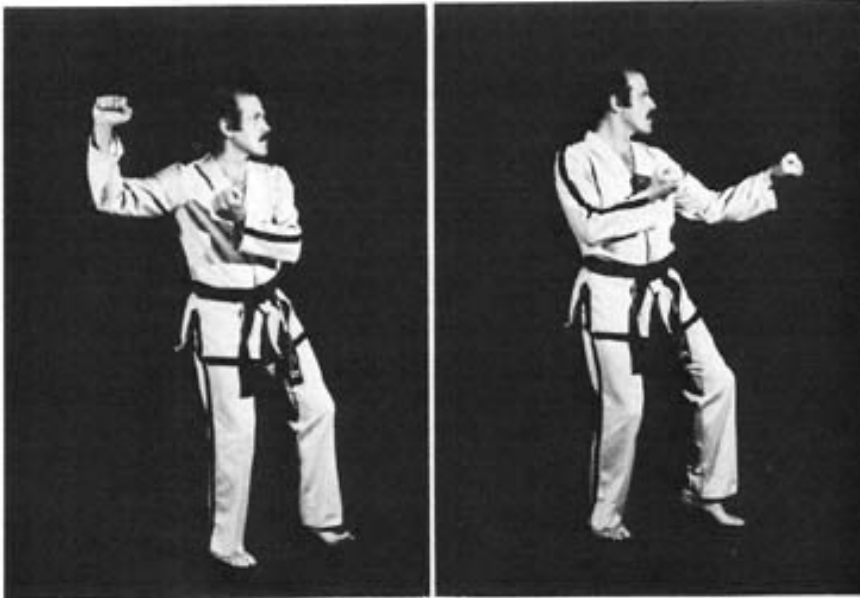




**24. Rear Foot Stance Forearm Guarding Block**  
*(Dwitbal So Palmok Daebi Makgi)*

Both the method and procedure of exercise are the same as those of an L- stance forearm guarding block.

**a. Spot Block**



**b. Forward Stepping Block**



**Top View**



## 25. Side Piercing Kick (*Yopcha Jirugi*)

### a. Spot Kick

Parallel ready stance B.

- i. Bring the right foot to the left knee joint, forming a left bending ready stance A toward A, and then kick to A with the right foot while executing a high punch to A with the right fist.



Ready Posture

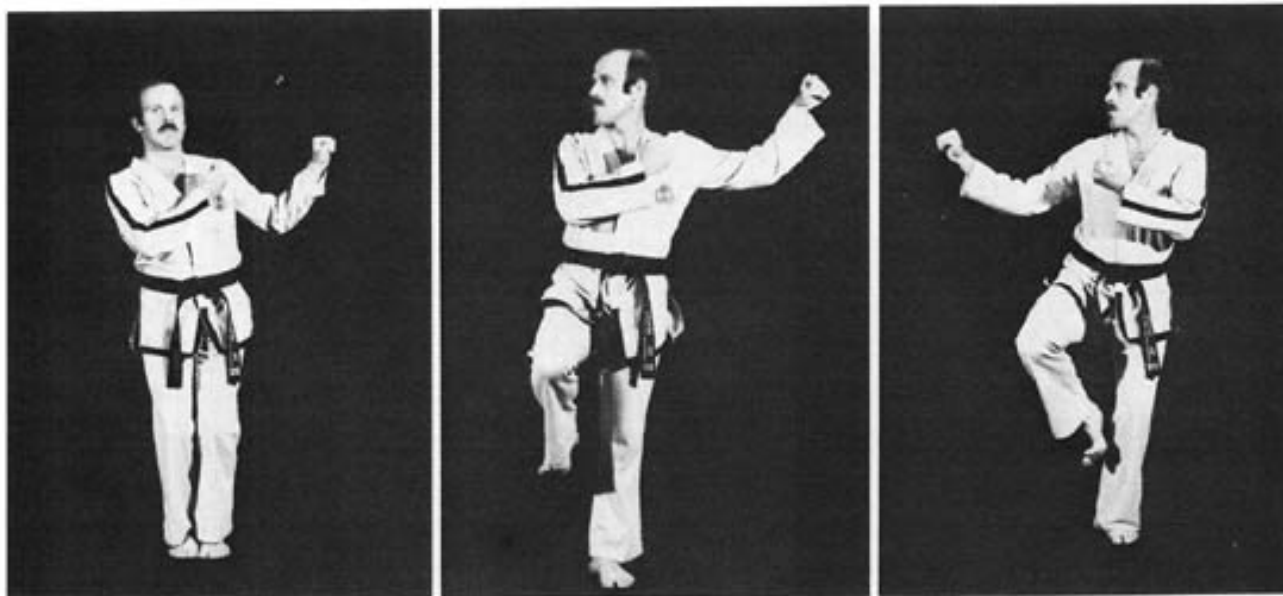


- ii. Lower the right foot to the left foot to form a right bending ready stance A toward B, and then kick to B with the left foot while executing a high punch to B with the left fist.



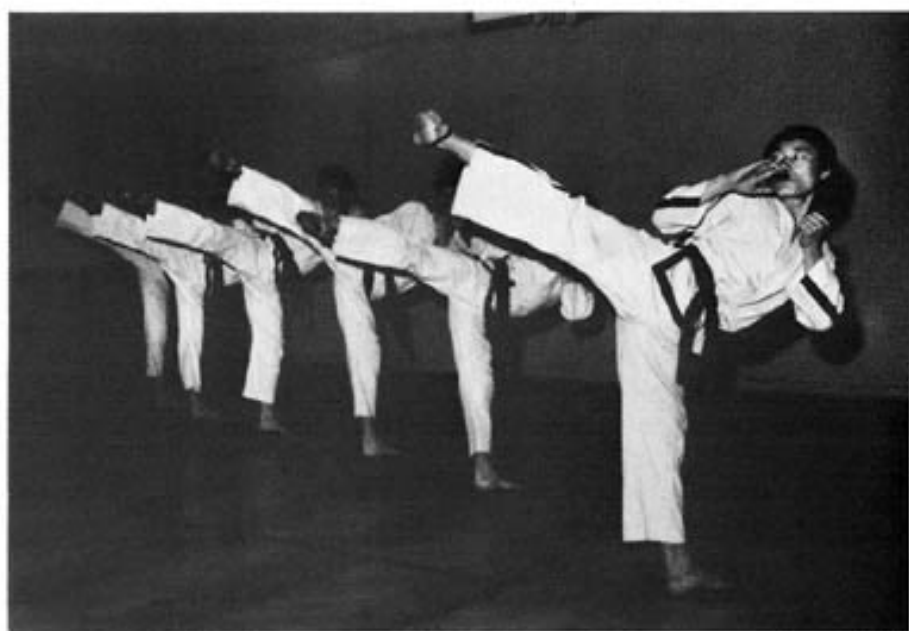
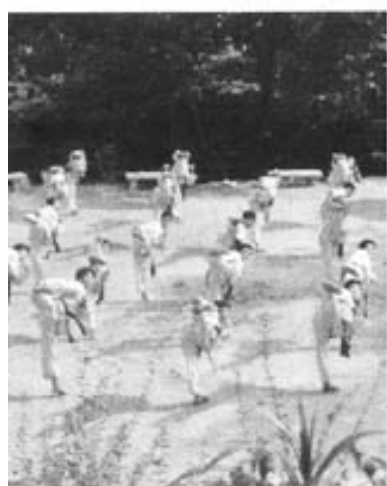


iii. Lower the left foot to the right foot to form a left bending ready stance A toward A, and then kick to A with the right foot while forming a forearm guarding block. Repeat ii and iii.



**Application**





**1) Double Stepping Kick**

**a. Toward A**

**Sitting ready stance.**

- i. Cross the left foot over the right foot to form a left bending ready stance A toward A, and then kick to A with the right foot.



**Ready Posture**



- ii. Lower the right foot to A, forming a sitting ready stance toward D, turning the face to A, and then repeat i.



**Keep the forearms crossed in front of the chest.**



**b. Toward B**

- i. Cross the right foot over the left foot to form a right bending ready stance toward B and then kick to B with the left foot.

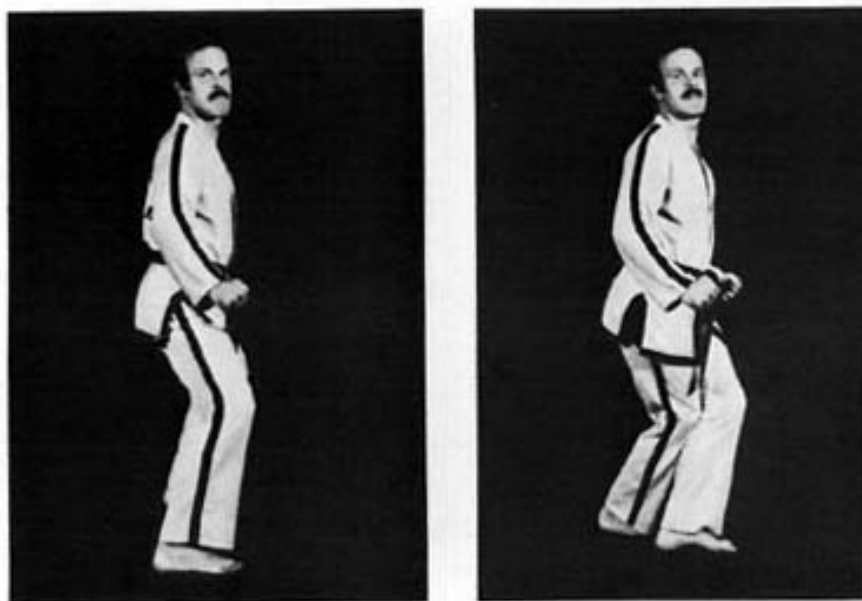


- ii. Lower the left foot to B, forming a sitting ready stance toward D, turning the face to B, and then repeat i.

**c. Toward D**

**Assume a sitting stance toward B.**

- i. Cross the left foot over the right foot to form a left bending ready stance A, and then kick to B with the right foot, pulling both fists in the opposite direction.





Side View





#### d. Forward Stepping Kick

##### Parallel ready stance.

- i. Kick to D with the right foot, pulling both fists in the opposite direction, and then lower it to D to form a left L-stance toward D while executing a forearm guarding block to D.

##### Ready Posture



- ii. Kick to D with the left foot, pulling both fists in the opposite direction and then lower it to D to form a right L-stance toward D while executing a forearm guarding block to D.



**e. Backward Stepping Kick**

Assume a left L-stance forearm guarding block.

- i. Kick to D with the right foot, keeping the position of the hands as they were, and then lower it to C to form a right L-stance toward D while executing a knife-hand guarding block to C.



- ii. Kick to D with the left foot, keeping the position of the hands as they were, and then lower it to C to form a left L-stance toward D while executing a knife-hand guarding block to D.



## 2) Single Stepping Kick

### a. Toward D

Sitting ready stance toward B.

- i. Bring the left foot to the right foot to form a left bending ready stance toward D, and then kick to D with the right foot, forming a knife-hand guarding block.

Ready posture

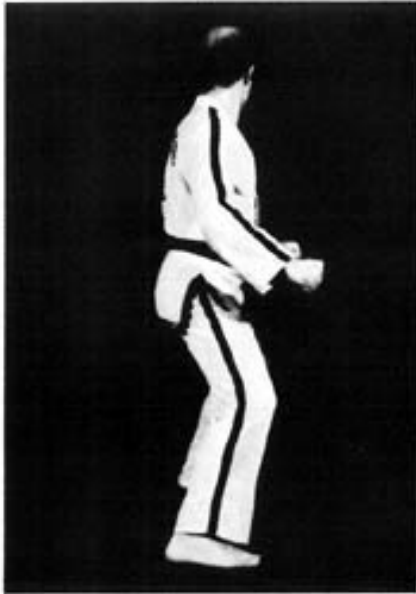


- ii. Lower the right foot to D, forming a sitting ready stance toward B, and then repeat i.

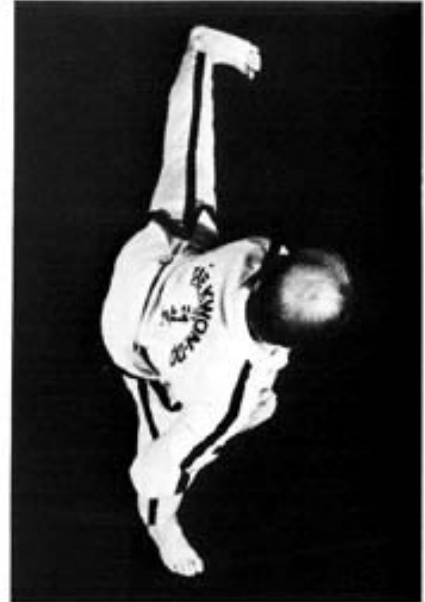


**b. Toward C**

- i. Bring the right foot to the left foot to form a right bending ready stance toward C, and then kick to C with the left foot, forming a knife-hand guarding block.



**Top View**



- ii. Lower the left foot to C, forming a sitting ready stance toward B, and then repeat i.

**26. Walking Stance Straight Fingertip Obverse Thrust**  
*(Gunnun So Sunsonkut Baro Tulgi)*

**a. Forward Stepping Thrust**

Parallel ready stance

- i. Move the right foot to D, forming a right walking stance toward D while thrusting to D with the right straight fingertip.



Ready Posture



- ii. Move the left foot to D, forming a left walking stance toward D while thrusting to D with the left straight fingertip.



Side View



**b. Backward Stepping Thrust.**

- i. Move the left foot to C, forming a right walking stance toward D while thrusting to D with the right straight fingertip.



**Previous Posture**

- ii. Move the right foot to C, forming a left walking stance toward D while thrusting to D with the left straight fingertip.  
Walking stance straight fingertip reverse thrust can be exercised in the same way.





**27. Sitting Stance Knife-Hand Side Strike**  
*(Annun So Sonkal Yop Taerigi)*

**1) Single Stepping Strike**

**a. Toward A**

**X-ready stance.**

- i. Move the right foot to A, forming a sitting stance toward D while striking to A with the right knife-hand.



Ready Posture



- ii. Bring the left foot to the right foot, and then repeat i.

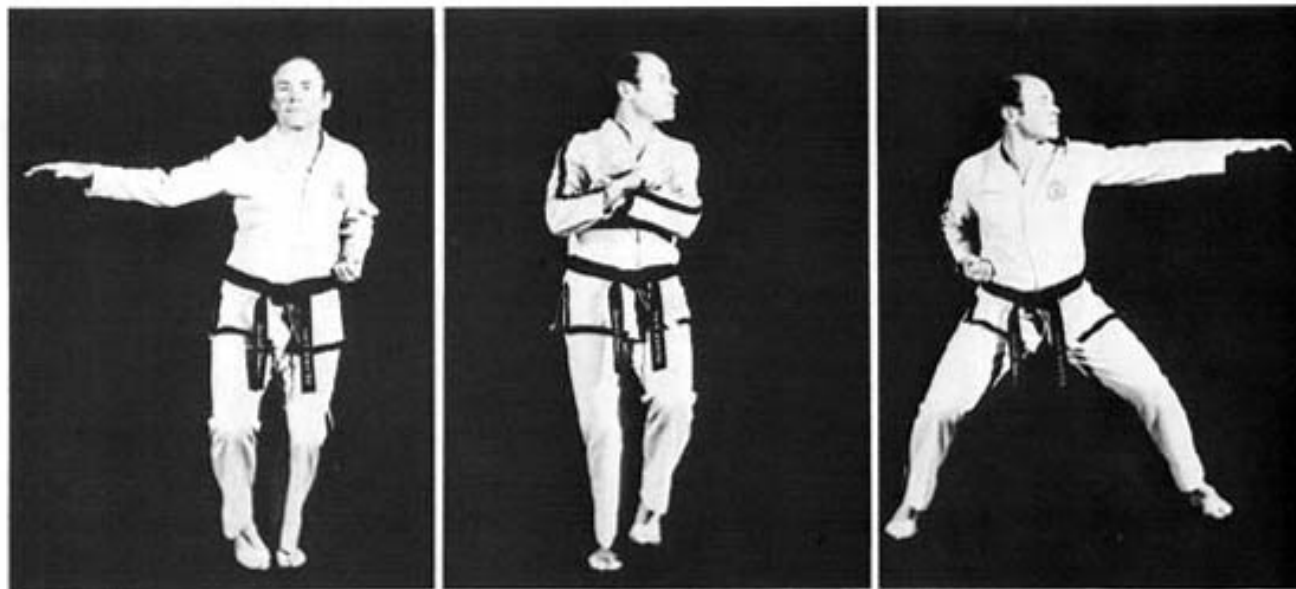
Keep the left heel slightly off the ground.



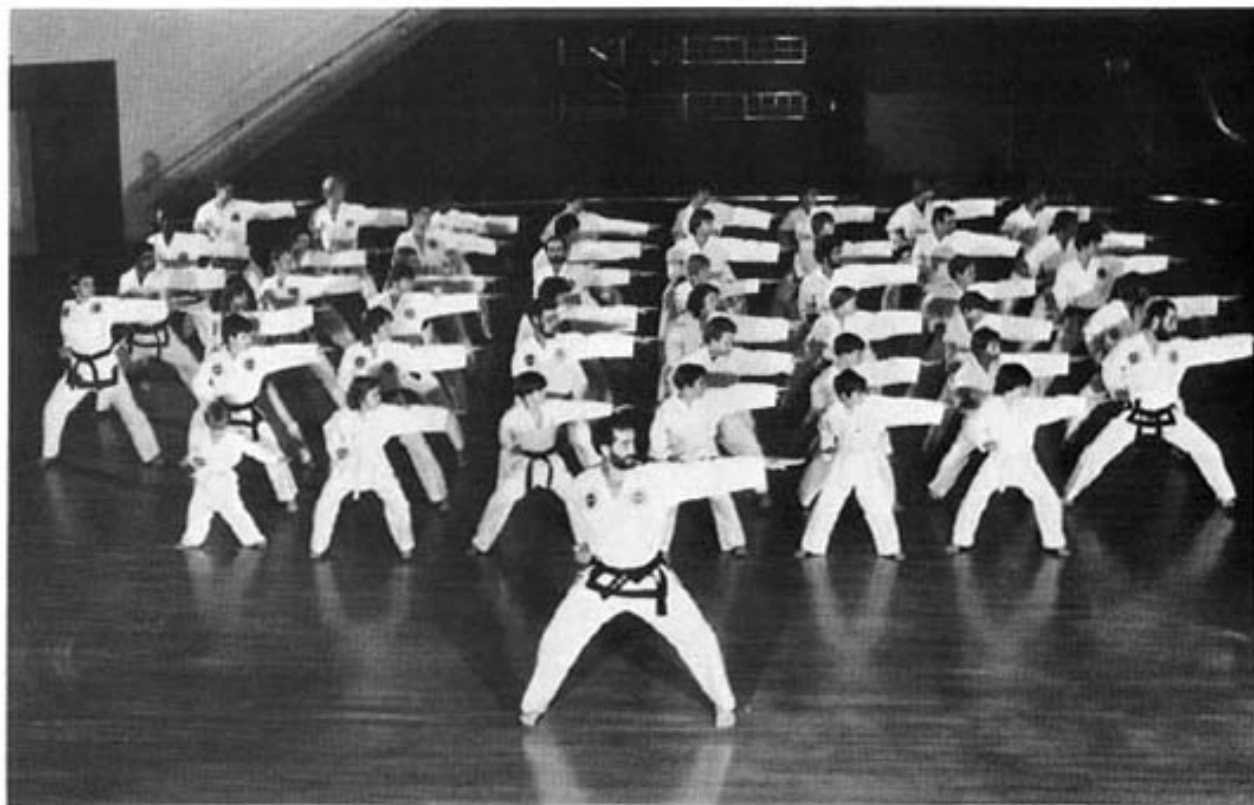
**b. Toward B**

Assume a sitting stance toward D.

- i. Bring the right foot to the left foot, and then move the left foot to B to form a sitting stance toward D while striking to B with the left knife-hand.
- ii. Repeat i.



At the start of striking, keep the back forearms crossed in front of the chest, placing the striking one on the other.

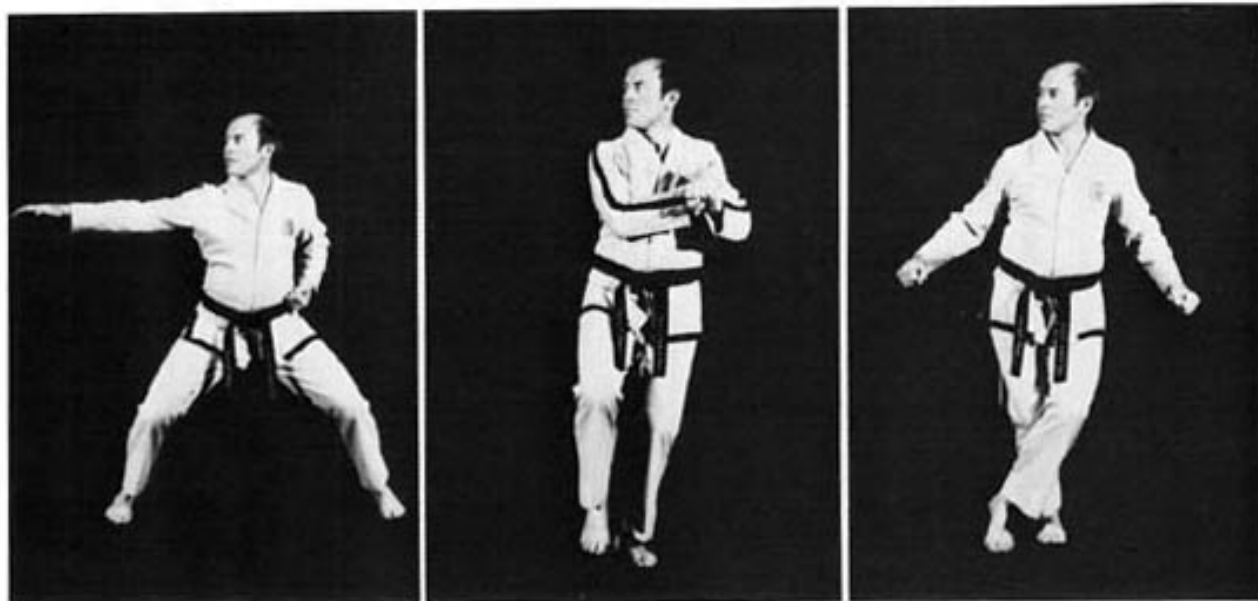


## 2) Double Stepping Strike

### a. Toward A

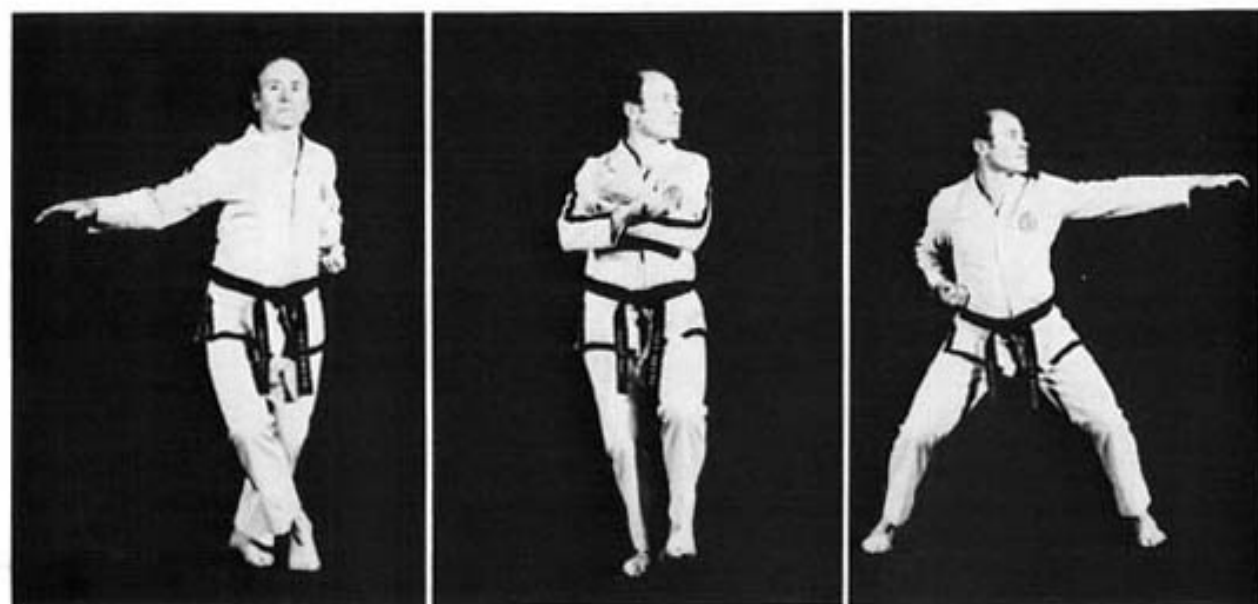
Assume a sitting stance toward D.

- i. Cross the left foot over the right foot, and then move the right foot to A to form a sitting stance toward D while striking to A with the right knife-hand.
- ii. Repeat i.



### b. Toward B

Cross the right foot over the left foot, and then move the left foot to B, forming a sitting stance toward D at the same time striking to B with the left knife-hand.



**c. Toward D**

Assume a sitting stance toward B.

- i. Cross the left foot over the right foot, and then move the right foot to D to form a sitting stance toward B while striking to D with the right knife-hand.
- ii. Repeat i.



**d. Backward Step-Turning.**

Move the right foot to C turning clockwise to form a sitting stance toward A while striking to C with the right knife-hand. Counter-clockwise turning is not practical.

Previous Posture



**28. Walking Stance Knife-Hand Reverse Front Downward Strike**  
*(Gunnun So Sonkal Bandae Ap Naeryo Taerigi)*

**a. Forward Stepping Strike**

Walking ready stance.

- i. Move the left foot to D to form a left walking stance toward D while striking with the right knife-hand.



- ii. Move the right foot to D, forming a right walking stance toward D while striking with the left knife-hand.



Side View



### b. Backward Stepping Strike

- i. Move the left foot to C, forming a right walking stance toward D while striking with the left knife-hand.
- ii. Move the right foot to C to form a left walking stance toward D while striking with the right knife-hand.

Side View



The attacking tool reaches the target in a straight line.

### c. Spot-Turning

- Move the left foot on line CD and then turn clockwise to form a right walking stance toward C while striking with the left knife-hand. Counter-clockwise turning is not possible.



**29. Walking Stance Palm Obverse Hooking Block**  
(*Gunnun So Sonbadak Baro Golcho Makgi*)

**a. Forward Stepping Block**

Parallel ready stance.

- i. Move the left foot to D to form a left walking stance toward D while blocking to D with the left palm.



Ready Posture



Keep the left side fist  
faced downward.



- ii. Move the right foot to D, forming a right walking stance toward D while blocking to D with the right palm.



Side View



## b. Backward Stepping Block

- i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the right palm.
- ii. Move the right foot to C to form a left walking stance toward D while blocking to D with the left palm.



At the start of blocking, keep the back forearms crossed in front of the rib cage, placing the blocking on the other.



**30. Walking Stance Palm Reverse Hooking Block**  
(*Gunnun So Sonbadak Bandoe Golcho Makgi*),

**a. Forward Stepping Block**

Walking ready stance.

- i. Move the right foot to D, forming a right walking stance toward D while blocking to D with the left palm.



Ready Posture



- ii. Move the left foot to D, forming a left walking stance toward D while blocking to D with the right palm.

Keep the body half facing the opponent



Side View

### b. Forward Step-Turning

Move the left foot to D turning counter-clockwise to from a left walking stance toward C while blocking to C with the right palm.  
Clockwise turning is unnatural.



Previous Posture



\* Hooking block with under forearm, knife-hand of back hand can be exercised in the same way as number 28 and 29.

Under Forearm



Knife-Hand

Back Hand



**31. Walking Stance Inner Forearm Circular Block**  
*(Gunnun So Anpalmok Dollimyo Makgi)*

**a. Spot Block**

Close ready stance B.

- i. Move the right foot to D, forming a right walking stance toward D while blocking to BD with the left inner forearm.



Keep the left heel slightly off the ground.

- ii. Bring the right foot to the left foot, and then move the left foot to D to form a left walking stance toward D while blocking to AD with the right inner forearm.



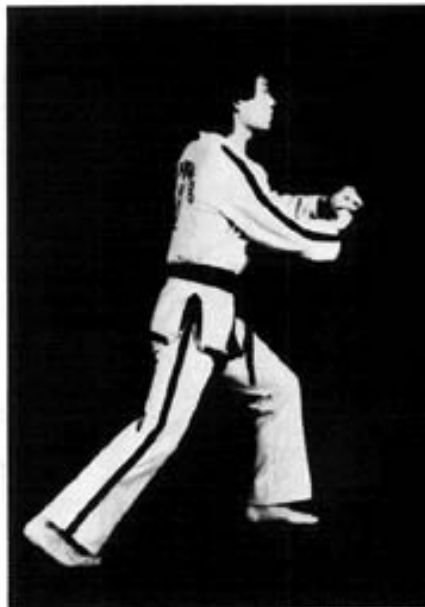
iii. Bring the left foot to the right foot, and then move the right foot to D to form a right walking stance toward D while blocking to BD with the left inner forearm.



Keep the left heel sighty off the ground.

Keep the forearms crossed in front of the lower abdomen with both back fists faced upward, placing the blocking one under the other.

Keep the inner forearm formed a straight line with the opposite shoulder.



Side view



Top View

## b. Forward Stepping Block

Assume a left walking stance.

- i. Move the right foot to D, forming a right walking stance toward D while blocking to BD with the left inner forearm, and then execute a low front snap kick to D with the left knee.



- ii. Lower the left foot to D, forming a left walking stance toward D while blocking to AD with the right inner forearm and then execute a low front snap kick to D with the right knee.



### c. Backward Stepping Block

Assume a left walking stance.

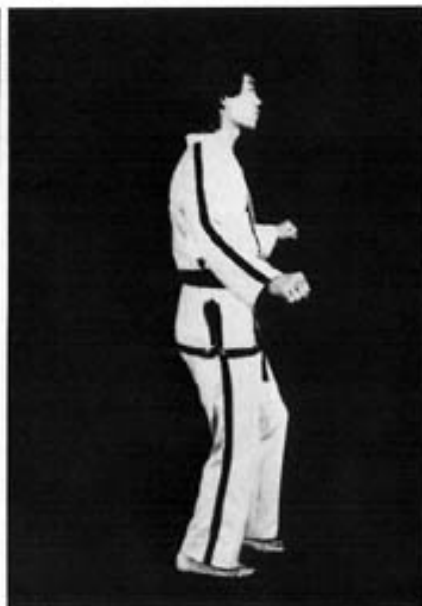
- i. Move the left foot to C, forming a right walking stance toward D while blocking to BD with the left inner forearm and then execute a low front snap kick to D with the right instep.



- ii. Lower the right foot to C, forming a left walking stance toward D while blocking to Ad with the right inner forearm, and then execute a low front snap kick to D with the left instep.

### d. Backward Step-Turning

Move the left foot to C, turning counter-clockwise to form a left walking stance toward C while blocking to BC with the right inner forearm. Clockwise turning is not practical.





**32. Walking Stance Double Forearm Obverse Block**  
*(Gunnun So Doo Palmok Baro Makgi)*

**a. Forward Stepping Block**

Parallel ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while blocking to D with the left double forearm.

Keep the body half facing.



Ready Posture



Keep both back fists  
faced upward.



- ii. Move the right foot to D, forming a right walking stance toward D while blocking to D with the right double forearm.

Side View



**b. Backward Stepping Block**

- i. Move the left foot to C to form a right walking stance toward D while blocking to D with the right double forearm.



- ii. Move the right foot to C, forming a left walking stance toward D while blocking to D with the left double forearm.



**33. L-Stance Twin Forearm Block (*Niunja So Sang Palmok Makgi*)**

**a. Spot Block**

Parallel ready stance.

- i. Move the left foot to B, forming a right L-stance toward B while blocking.



Ready Posture



- ii. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-stance toward A while blocking.

Keep the left heel slightly off the ground.



Keep the forearms crossed in front of the right chest.

- iii. Bring the right foot to the left foot, and then move the left foot to B, forming a right L-stance toward B while blocking.



Keep the right heel slightly off the ground.



Keep the forearms crossed in front of the left chest.

#### Front View

At the start of blocking, keep both back fists faced front while placing the side blocking forearm inside of the other.



**b. Forward Stepping Block**

- i. Move the left foot to D, forming a right L-stance toward D while blocking.



**Ready Posture**



- ii. Move the right foot to D, forming a left L-stance toward D while blocking.



**Other View**

**c. Backward Stepping Block**

- i. Move the right foot to C, forming a right L-stance toward D while blocking.



Previous Posture



- ii. Move the left foot to C, forming a left L-stance toward D while blocking.



**Previous Posture**



**d. Spot-Turning**

Move the left foot on line CD, and then turn counter-clockwise to form a right L-stance toward C while blocking.

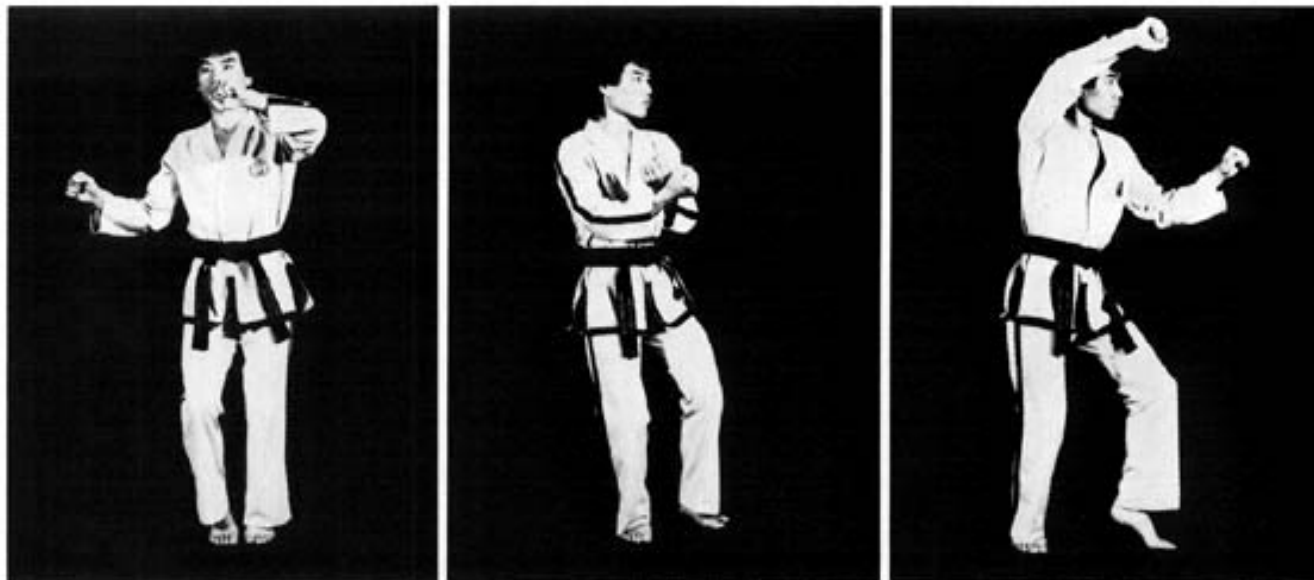




**34. Rear Foot Stance Twin Forearm Block**  
*(Dwitbal So Sang Palmok Makgi)*

Both the method and procedure of exercise remain the same as those of an L-stance twin forearm block.

**a. Spot Block**



**b. Forward Stepping Block**



**Other View**



**35. L-Stance Twin Knife-Hand Block (*Niunja So Sang Sonkal Makgi*)**

**a. Forward Stepping Block**

**Left L-ready stance.**

- i. Move the left foot to D to form a right L-stance toward D while blocking, and then a punch to D with the left fist while forming a left walking stance toward, slipping the left foot.

**Ready Posture**



- ii. Move the right foot to D, forming a left L-stance toward D while blocking, and then punch to D with the right fist while forming a right walking stance toward D, slipping the right foot.





Side View



Top View



**b. Backward Stepping Block**

**Assume a left walking stance.**

- i. Move the left foot to C to form a left L-stance toward D while blocking, and then punch to D with the left fist while forming a right walking stance toward D, slipping the left foot.



- ii. Move the right foot to C to form a right L-stance toward D while blocking, and then punch to D with the right fist while forming a left walking stance toward D, slipping the right foot.





Side View



**36. Rear Foot Stance Twin Knife-Hand Block** (*Dwitbal So Sang Sonkal Makgi*)

**a. Forward Stepping Block**

Parallel ready stance.

- i. Move the left foot to D to form a right rear foot stance toward D while blocking, and then punch to D with the left fist while forming a left walking stance toward D, slipping the left foot.

Ready Posture



- ii. Move the right foot to D to form a left rear foot stance toward D while blocking, and then punch to D with the right fist while forming a right walking stance toward D, slipping the right foot.

**b. Backward Stepping Block.**

- i. Move the left foot to C to form a left rear foot stance toward D while blocking, and then punch to D with the right fist while forming a right walking stance toward D, slipping the left foot.





- ii. Move the right foot to C to form a right rear foot stance toward D while blocking, and then punch to D with the left fist while forming a left walking stance toward D, slipping the right foot.



**37. L-Stance Knife-Hand Outward Strike**  
*(Niunja So Sonkal Bakuro Taerigi)*

**a. Spot Strike**

Sitting ready stance.

- i. Strike to A with the right knife-hand while forming a left L-stance toward A, pivoting with the left foot.



Ready Posture



Keep the back forearms crossed in front of the left chest.



- ii. Strike to B with the left knife-hand while forming a right L-stance toward B, pivoting with the right foot.



Keep the back forearms crossed in front of the right chest.



**b. Forward Stepping Strike**

- i. Move the right foot to D to form a left L-stance toward D while striking to D with the right knife-hand.



Ready Posture



- ii. Move the left foot to D, forming a right L-stance toward D while striking to D with the left knife-hand.



Other View



**c. Backward Stepping Strike**

- i. Move the right foot to C to form a right L-stance toward D while striking to D with the left knife-hand.

**Previous Posture**



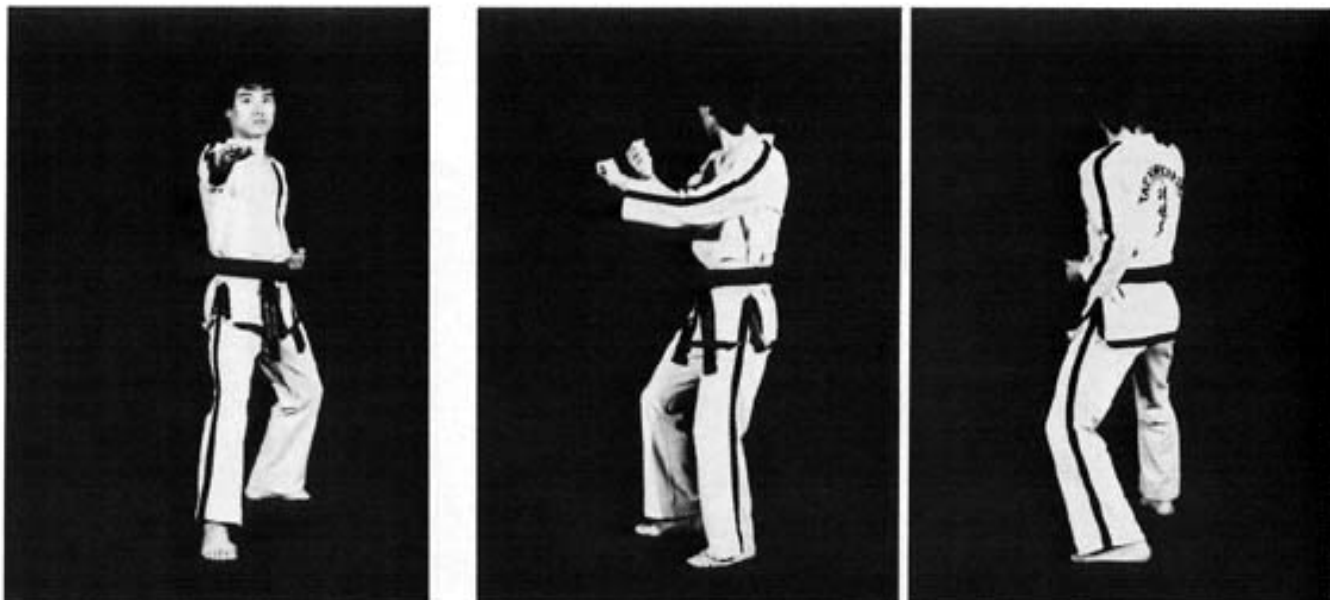
- ii. Move the left foot to C, forming a left L-stance toward D while striking to D with the right knife-hand.



**Side View**

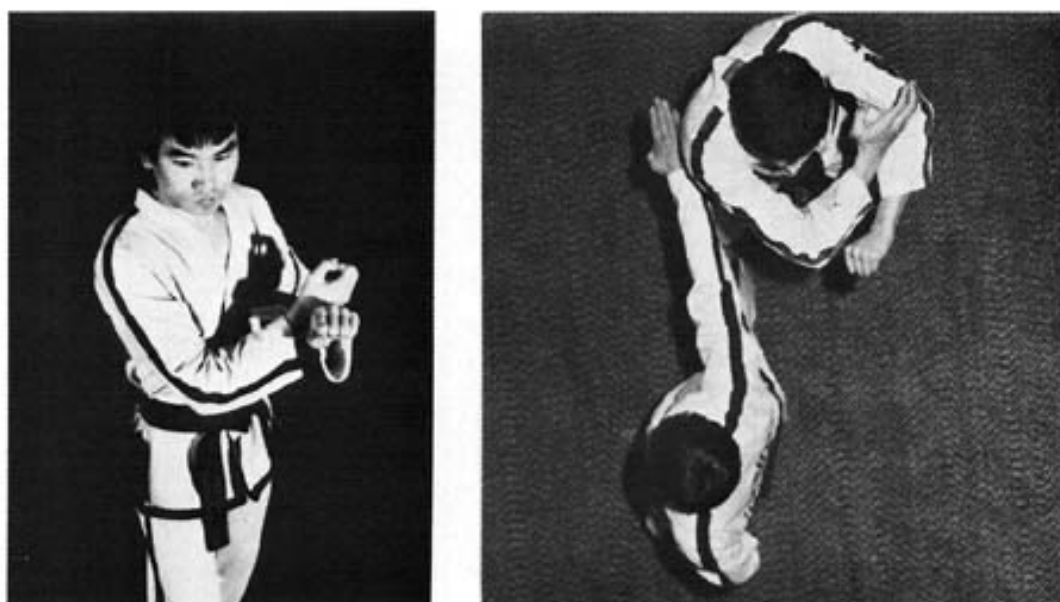
**d. Backward Step-Turning**

Move the right foot to C, turning clockwise to form a left L-stance toward C while striking to C with the right knife-hand. Counter-clockwise turning is not reasonable as the attacking hand has to pass the opponent.



At the start or striking keep the back forearms crossed in front of the chest, placing the striking one on the other.

**Application**



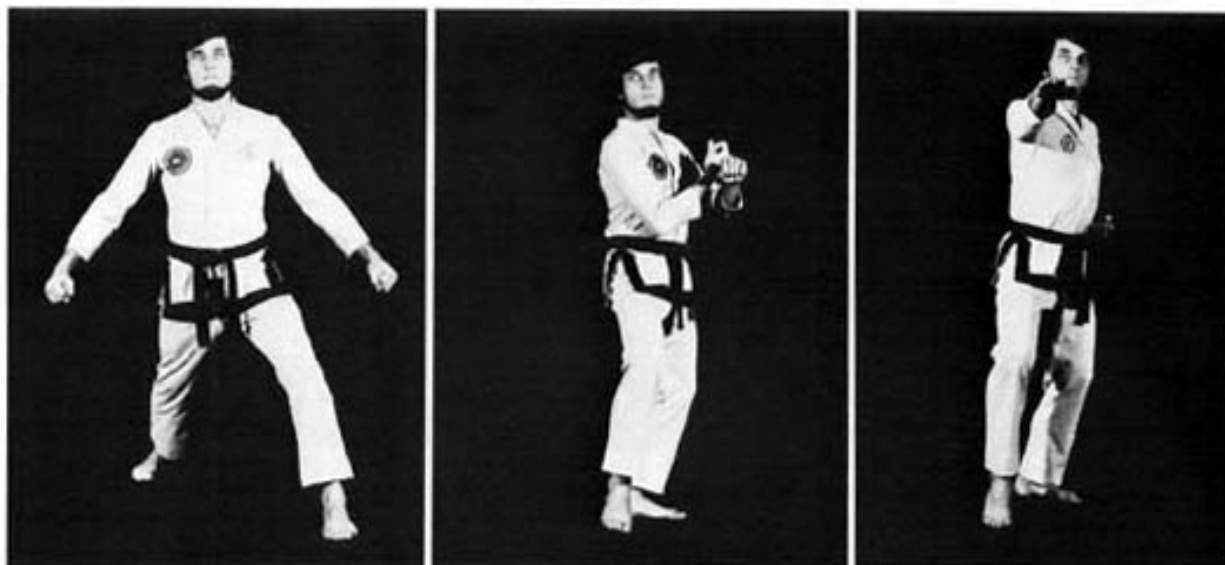
**38. Rear Foot Stance Knife-Hand Outward Strike**  
*(Dwitbal So Sonkal Bakuro Taerigi)*

The method of striking remains the same as that of an L-stance knife-hand outward strike

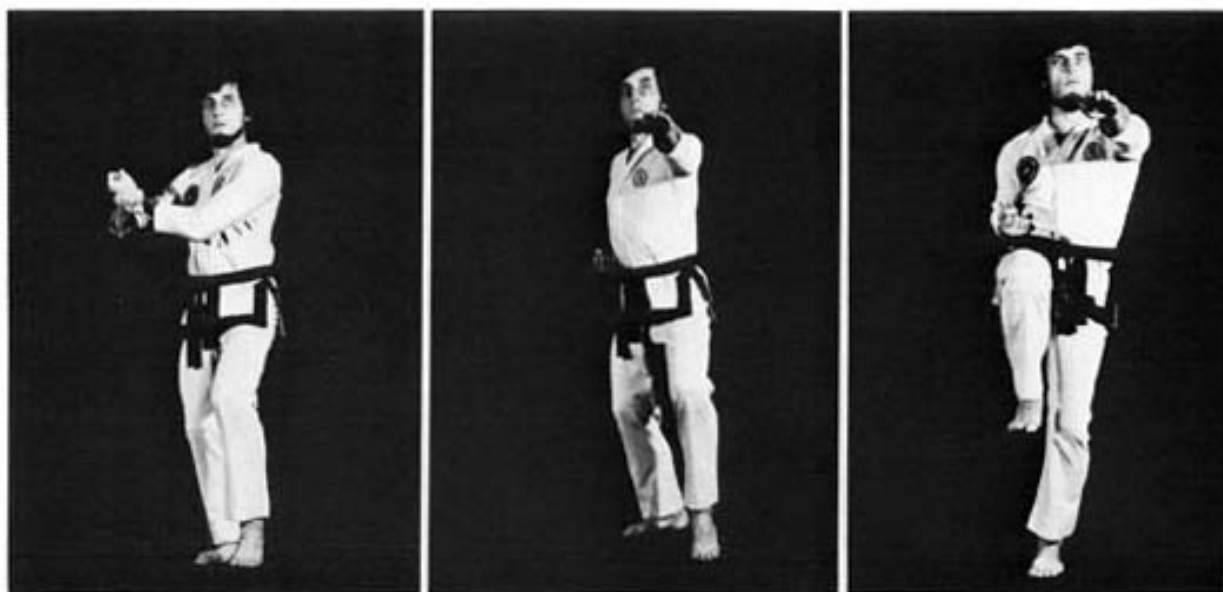
**a. Forward Stepping Strike**

Walking ready stance.

- i. Move the right foot to D to form a left rear foot stance toward D while striking to D with the right knife-hand, and then execute a low front snap kick to D with the left foot, keeping the position of the hands as they were.



- ii. Lower the left foot to D to form a right rear foot stance toward D while striking to D with the left knife-hand and then execute a low front snap kick to D with the right foot, keeping the position of the hands as they were.





Side View

Side View



## b. Backward Stepping Strike

### Previous Posture



Assume a left rear foot stance.

- i. Move the left foot to C to form a left rear foot stance toward D while striking to D with the right knife-hand and then execute a low side front snap kick to D with the right foot, keeping the position of the hands as they were.



- ii. Lower the right foot to C to form a right rear foot stance toward D while striking to D with the left knife-hand, and then execute a low side front snap kick to D with the left foot, keeping the position of the hands as they were.





### C. Forward Step-Turning

Assume a left rear foot stance.

Move the left foot to D, turning clockwise to form a left rear foot stance toward C while striking to C with the right knife-hand. Counter-clockwise turning is not reasonable.



Previous Posture



**39. Walking Stance Outer Forearm Obverse Side Block**  
*(Gunnun So Bakat Palmok Baro Yop Makgi)*

**a. Spot Block**

Parallel ready stance.

- i. Move the left foot to B, forming a left walking stance toward B while blocking to B with the left outer forearm.



- ii. Bring the left foot to the right foot, and then move the right foot to A to form a right walking stance toward A while blocking to A with the right outer forearm.



- iii. Bring the right foot to the left foot, and then move the left foot to B to form a left walking stance toward B while blocking to B with the left outer forearm.



#### b. Forward Stepping Block

- i. Move the right foot to D, forming a right walking stance toward D while blocking to D with the right outer forearm.

Keep the back forearms crossed in front of the left chest, placing the right forearm on the other.



- ii. Move the left foot to D to form a left walking stance toward D while blocking to D with the left outer forearm.

**c. Backward Stepping Block**

- i.** Move the left foot to C, forming a right walking stance toward D while blocking to D with the right outer forearm.



- ii.** Move the right foot to C to form a left walking stance toward D while blocking to D with the left outer forearm.



#### d. Forward Step-Turning

Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while blocking to C with the left outer forearm. Clockwise turning is not logical.



Top View

**40. Walking Stance Knife-Hand Obverse Side Block**  
*(Gunnun So Sonkal Baro Yop Makgi)*

**a. Forward Stepping Block**

Right walking ready stance.

- i. Move the left foot to D to form a left walking stance toward D while blocking to D with the left knife-hand, and then execute a low front snap kick to D with the right toes.



- ii. Lower the right foot to D, forming a right walking stance toward D while blocking to D with the right knife-hand and then execute a low front snap kick to D with the left toes.



**b. Backward Stepping Block**

**Left walking ready stance.**

- i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the right knife-hand, and then execute a side piercing kick to D with the right foot.



- ii. Lower the right foot to C to form a left walking stance toward D while blocking to D with the left knife-hand, and then execute a side piercing kick to D with the left foot.





**41. Walking Stance Reverse Punch (*Gunnun So Bandae Jirugi*)**

**a. Forward Stepping Punch**

**Walking ready stance.**

- i. Move the left foot to D, forming a left walking stance toward D while punching to D with the right fist.



- ii. Move the right foot to D, forming a right walking stance toward D while punching to D with the left fist.



**Side View**



**b. Backward Stepping Punch**

- i. Move the left foot to C, forming a right walking stance toward D while punching to D with the left fist.

**Previous Posture**



- ii. Move the right foot to C to form a left walking stance toward D while punching to D with the right fist.



**Previous Posture**

**42. Walking Stance Forearm Obverse Rising Block**

*(Gunnun So Palmok Baro Chookyo Makgi)*

**a. Forward Stepping Block**

Parallel ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while blocking with the left forearm, and then punch to D with the right fist, maintaining the same stance toward D.



Forearms must stay at the center of the forehead.



- ii. Move the right foot to D to form a right walking stance toward D while blocking with the right forearm and then punch to D with the left fist, maintaining the same stance toward D.

Keep the left heel slightly off the ground.





**Side View**

**At the start of blocking, keep the back forearms crossed in front of the rib cage, placing the blocking on the other.**



**Keep the right heel slightly off the ground.**



**The forearm must stay at the center of the forehead at the moment of block.**





### **b. Backward Stepping Block**

- i. Move the left foot to C to form a right walking stance toward D while blocking with the right forearm, and then punch to D with the left fist, maintaining the same stance toward D.

**Previous Posture**



- ii. Move the right foot to C, forming a left walking stance toward D while blocking with the left forearm, and then punch to D with the right fist, maintaining the same stance toward D.



**c. Backward Step-Turning**

Move the left foot to C, turning counter-clockwise to form a left walking stance toward C while blocking, with the left forearm. Clockwise turning is not practical.



**Side View**



**43. Walking Stance Forearm Low Reverse Block**  
*(Gunnun So Palmok Najunde Bandoe Makgi)*

**a. Forward Stepping Block**

Parallel ready stance.

- i. Move the right foot to D, forming a right walking stance toward D while blocking to D with the left forearm.



Ready Posture



- ii. Move the left foot to D, forming a left walking stance toward D while blocking to D with the right forearm.



Side View





**b. Backward Stepping Block**

- i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the left forearm.

**Previous Posture**



**Keep the back forearms crossed in front of the chest.**

- ii. Move the right foot to C, forming a left walking stance toward D while blocking to D with the right forearm.

**Other View**



**Keep body half facing the opponent.**

**c. Spot-Turning**

Turn clockwise, pivoting with the right foot to form a right walking stance toward C while executing a low block to C with the left forearm. Counter-clockwise turning is not possible.



**Top View**

**44. Walking Stance Knife-Hand Low Reverse Block**  
*(Gunnun So Sonkal Najunde Bandae Makgi)*

Both the method and procedure of exercise remain the same as those of a walking stance forearm low reverse block with the exception that the back forearms are crossed in front of the rib cage rather than the chest.



**Ready Posture**



**Keep the back forearms crossed  
in front on the rib cage.**



#### 45. Turning Kick (*Dollyo Chagi*)

##### a. Forward Stepping Kick

**L-ready stance.**

- i. Kick to AD with the right foot, and then lower it to D, forming a left L-stance toward D.



**Ready Posture**



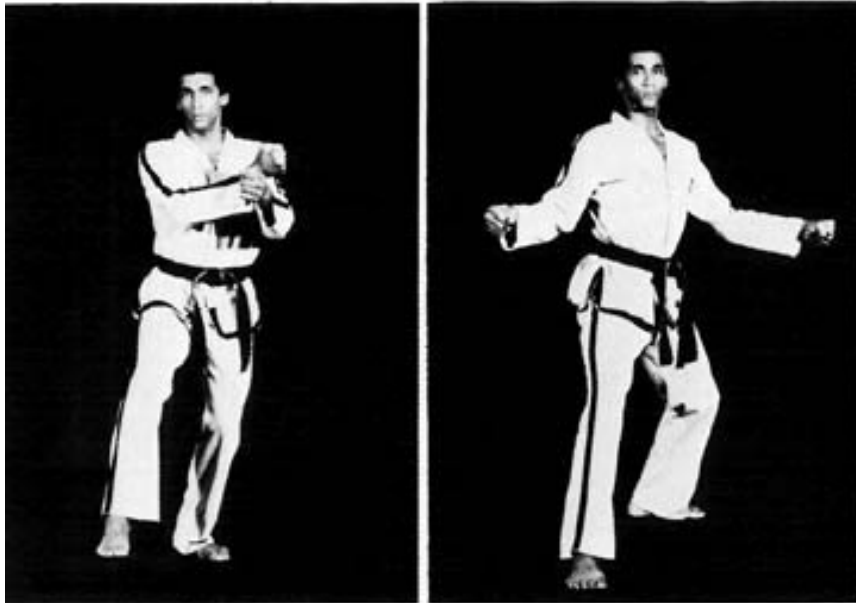
- ii. Kick to BD with the left foot and then lower it to D, forming a right L-stance toward D.



Right foot turning kick.



Top View



**b. Backward Step-Turning**

Move the right foot to C, turning counter-clockwise to form a right walking L-stance toward C while executing a low block to C with the left knife-hand.

Clockwise turning is not reasonable.

Application



Both the method and procedure of exercise for a turning kick with that an instep remain the same as those of the ball of the foot except the toes are pointed slightly upward at the moment of impact.

**Right instep**



Knee turning kick can be exercised in the same way.



**Left instep**



## 46. Walking Stance Front Elbow Strike

*(Gunnun So Ap Palkup Taerigi)*

### a. Forward Stepping Strike

Walking ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow.



Reday Posture



Keep the body full facing the front.



- ii. Move the right foot to D, forming a right walking stance toward D while striking the right palm with the left front elbow.



Top View





## b. Backward Stepping Strike

- i. Move the left foot to C, forming a right walking stance toward D while striking the right palm with the left front elbow.



Keep both side fists faced downward.

- ii. Move the right foot to C to form a left walking stance toward D while striking the left palm with the right front elbow.

Keep both side fists faced downward.



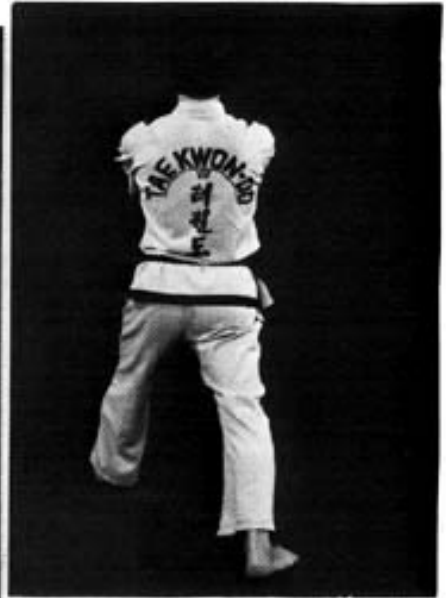
Application



Top View

### c. Backward Step-Turning

Move the left foot to C, turning counter-clockwise to form a left walking stance toward C while striking the left palm. Clockwise turning is not practical.



**47. Rear Foot Stance Palm Upward Block**  
*(Dwitbal So Sonbadak Ollyo Makgi)*

**a. Forward Stepping Block**

**L-ready stance.**

- i. Move the left foot to D to form a right rear foot stance toward D while blocking with the left palm, and then execute a turning kick to D with the right instep.



**Ready Posture**



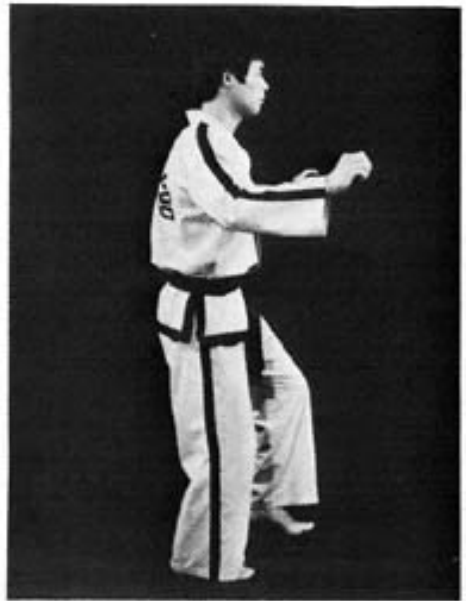
- ii. Lower the right foot to D, forming a left rear foot stance toward D while blocking with the right palm, and then execute a turning kick to D with the left instep.



Keep both back hands faced upward at the start of blocking.



Side View



Blocking tool reaches the target in a circular motion.



Top View

## b. Backward Stepping Block

Assume a left rear foot stance.

- i. Move the right foot to C to form a right rear foot stance toward D while blocking with the left palm, and then execute a twin forearm block while forming a right L-stance toward D, slipping the right foot.



Previous Posture

- ii. Move the left foot to C to form a left rear foot stance toward D while blocking with the right palm, and then execute a twin forearm block while forming a left L-stance toward D, slipping the left foot.



Side View



**c. Backward Step-Turning**

Move the right foot to C, turning counter-clockwise to form a left rear foot stance toward C while blocking with the right palm. Clockwise turning is not reasonable.

Previous Posture



**48. L-Stance Palm Upward Block** (*Niunja So Sonbadak Ollyo Makgi*)

**a. Forward Stepping Block**

**Parallel ready stance.**

- i. Move the left foot to D to form a right L-stance toward D while blocking with the left palm, and then strike the left palm with the right front elbow while forming a left walking stance toward D, slipping the left foot.



**Ready Posture**

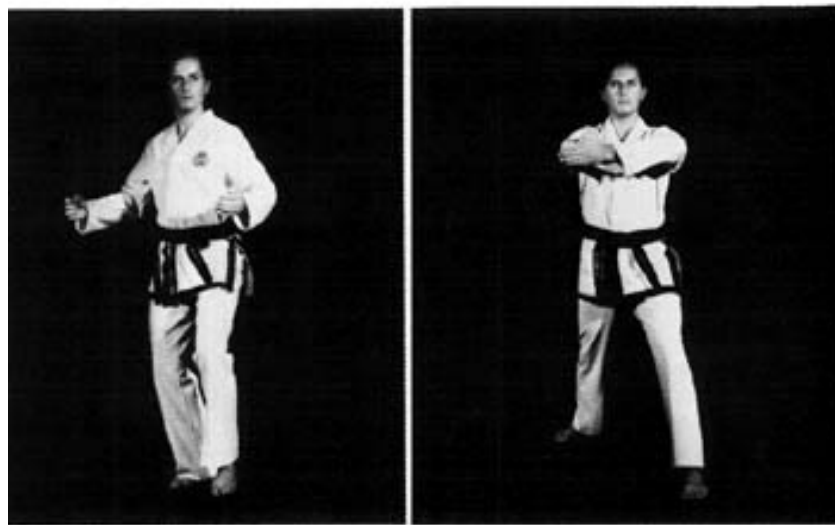


**Keep both palms faced downward.**



**Blocking tool reaches the target in a circular motion.**





- ii. Move the right foot to D to form a left L-stance toward D while blocking with the right palm, and then strike the right palm with the left front elbow while forming a right walking stance toward D, slipping the right foot.



**49. Walking Stance Upper Elbow Strike**  
*(Gunnun So Wipalkup Taerigi)*

**a. Forward Stepping Strike**

Walking ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while striking with the right upper elbow.



Ready Posture



- ii. Move the right foot to D, forming a right walking stance toward D while striking with the left upper elbow.

Keep the back fist  
faced upward.

Side View



Keep the body full facing the front.

## b. Backward Stepping Strike

- i. Move the left foot to C to form a right walking stance toward D while striking with the left upper elbow.



- ii. Move the right foot to C, forming a left walking stance toward D while striking with the right upper elbow.

## c. Forward Step-Turning

- Move the right foot to D turning counter-clockwise to form a left walking stance toward while striking with the right upper elbow. Clockwise turning is not practical.



Previous Posture

**50. Back Piercing Kick (*Dwit Cha Jirugi*)**

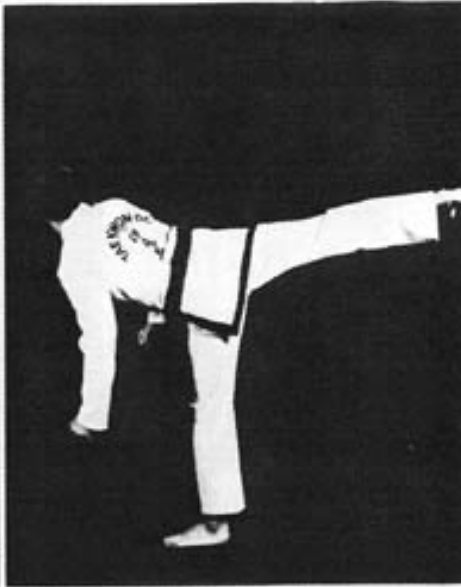
**a. Toward B**

Parallel ready stance.

- i. Kick to B with the right foot, and then lower it to B to form a left walking stance toward A while executing a rising block with the left forearm.



Ready Posture



- ii. Kick to B with the left foot, and then lower it to B to form a right walking stance toward A while executing a rising block with the right forearm.





Front View





**b. Toward D**

**Walking ready stance.**

- i. Kick to D with the right foot, and then lower it to D, forming a left walking stance toward C while executing a rising block with the left forearm.



- ii. Kick to D with the left foot, and then lower it to D, forming a right walking stance toward C while executing a rising block with the right forearm.



**51. Walking Stance Back Fist Obverse Side Strike**  
*(Gunnun So Dung Joomuk Baro Yop Taerigi)*

**a. Forward Stepping Strike**

Walking ready stance.

- i. move the right foot to D, forming a right walking stance toward D while striking to D with the right back fist.



Ready Posture



- ii. Move the left foot to D to form a left walking stance toward D while striking to D with the left back fist.



Side View



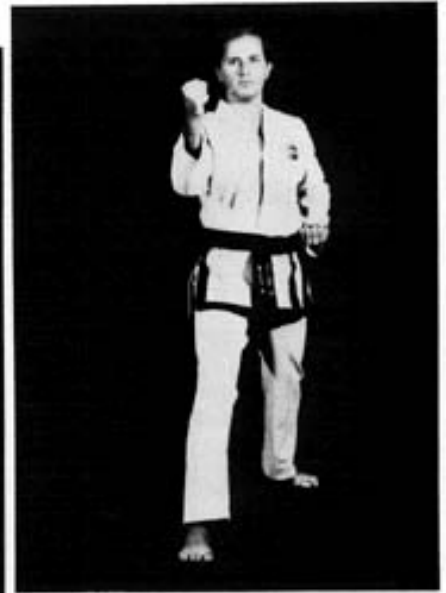
Keep the body half facing the target.



## b. Backward Stepping Strike

- i. Move the left foot to C, forming a right walking stance toward D while striking to D with the right back fist.

Previous Posture



- ii. Move the right foot to C, forming a left walking stance toward D while striking to D with the left back fist.



At the start of striking, keep the forearms crossed in front of the chest, placing the striking one under the other with both back fists faced upward.

Keep the back fist half facing the target at the moment of impact.

### c. Forward Step-Turning

Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while striking to C with the left back fist. Clockwise turning is not logical.



Top View



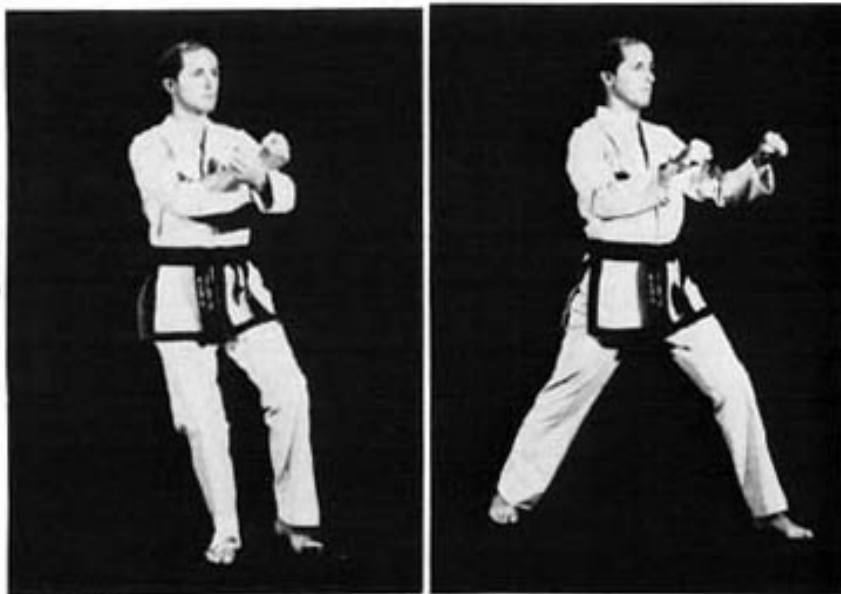
**52. Walking Stance Outer Forearm Wedging Block**  
*(Gunnun So Bakat Palmok Hecho Makgi)*

**a. Spot Block**

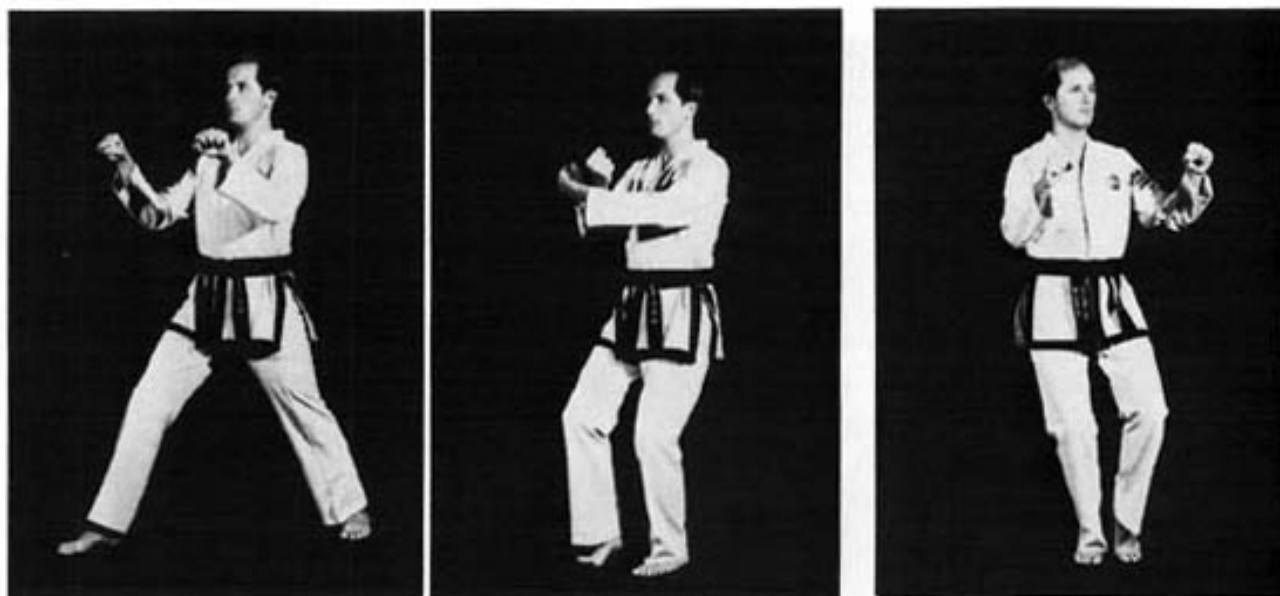
**Close ready stance B.**

- i. Move the left foot to BD, forming a left walking stance toward BD while blocking to BD.

Keep the forearms crossed at the center of the chest with both back fists facing the opponent at the start of blocking.



- ii. Bring the left foot to the right foot, keeping the position of the hands as they were, and then move the right foot to AD, forming a right walking stance toward AD while blocking to AD.



## b. Forward Stepping Block

**Parallel ready stance.**

- i. Move the left foot to D to form a left walking stance toward D while blocking to D, and then execute a low front snap kick to D with the right foot.



- ii. Lower the right foot to D, forming a right walking stance toward D while blocking to D, and then execute a low front snap kick to D with the left foot.



**c. Backward Stepping Block**

Assume a left walking stance.

- i. Move the left foot to C, forming a right walking stance toward D while blocking to D, and then execute a low front snap kick to D with the right foot.



- ii. Lower the right foot to C, forming a left walking stance toward D while blocking to D, and then execute a low front snap kick to D with the left toes.

**d. Backward Step-Turning**

Move the left foot to C, turning either clockwise or counter-clockwise to form a left walking stance toward C while blocking to C.



Clockwise



Counter-clockwise

**53. Walking Stance Knife-Hand Wedging Block**  
*(Gunnun So Sonkal Hecho Makgi)*

Both the procedure and method of exercise are the same as those of a walking stance forearm wedging block.

**a. Forward Stepping Block**



Ready Posture



**b. Backward Stepping Block.**



Side View







**54. Walking Stance Knife-Hand Obverse Rising Block**  
*(Gunnun So Sonkal Baro Chookyo Makgi)*



**Ready Posture**



**a. Forward Stepping Block**

**Parallel ready stance.**

- i. Move the left foot to D to form a left walking stance toward D while blocking with the left knife-hand, and then execute a low block to D with the right forearm, maintaining the same stance toward D.





- ii. Move the right foot to D to form a right walking stance toward D while blocking with the right knife-hand, and then execute a low block to D with the left forearm, maintaining the same stance toward D.



Keep the left heel slightly off the ground.



At the start of blocking, keep the back forearms crossed in front of the rib cage, placing the blocking one on the other.

Keep the knife-hand at the center of the forehead at the moment of block.

**b. Backward Stepping Block**

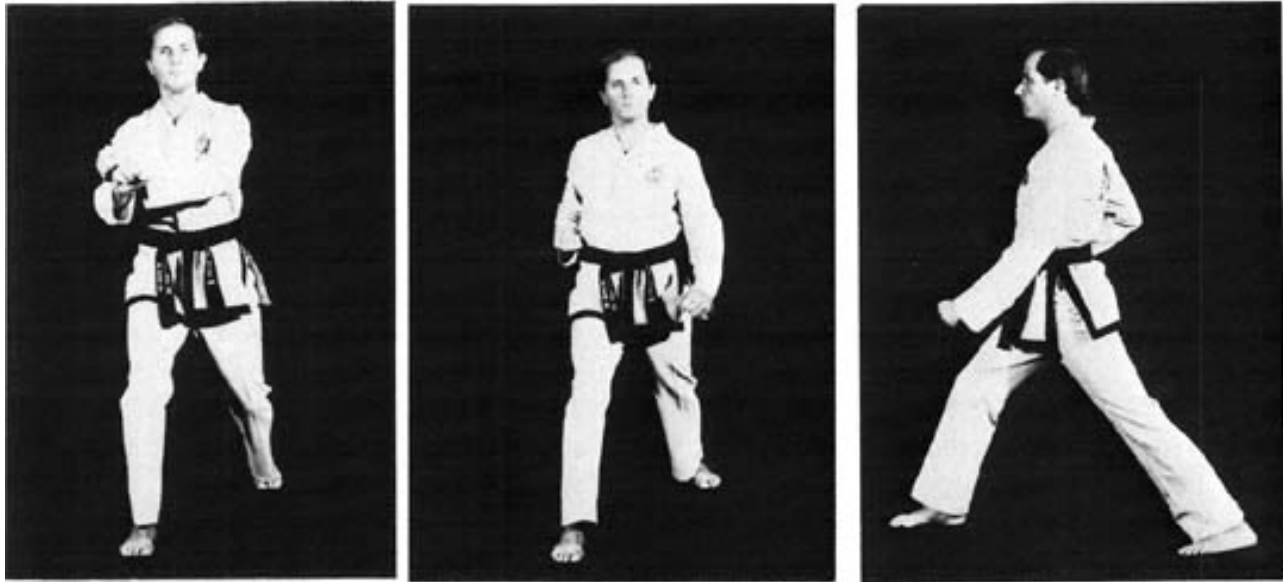
- i. Move the left foot to C to form a right walking stance toward D while blocking with the right knifehand, and then execute a low block to D with the left forearm, keeping the same stance toward D.



- ii. Move the right foot to C to form a left walking stance toward D while blocking with the left knife-hand, and then execute a low block to D with the right forearm, keeping the same stance toward D.



Side View



**c. Spot-Turning**

Move the right foot on line CD and then turn clockwise to form a right walking stance toward C while blocking with the right knife-hand.

Previous Posture



**55. Walking Stance Upset Fingertip Low Thrust**

*(Gunnun So Dwijibun Sonkut Najunde Tulgi)*

**a. Forward Stepping Thrust**

**Parallel ready stance.**

- i. Move the left foot to D, forming a left walking stance toward D while thrusting to D with the right upset fingertip, and then execute a side back strike to C with the right back fist while forming a right L-stance toward D, pulling the left foot.



- ii. Move the right foot to D to form a right walking stance toward D while thrusting to D with the left upset fingertip, and then execute a side back strike to C with the left back fist while forming a left L-stance toward D, pulling the right foot.



## **b. Backward Stepping Thrust**

Assume a left walking stance toward D.

- i. Move the left foot to C to form a right walking stance toward D while thrusting to D with the left upset fingertip, and then execute a side back strike to C with the left back fist while forming a left L-stance toward D, pulling the left foot.



- ii. Move the right foot to C, forming a left walking stance toward D while thrusting to D with the right upset fingertip, and then execute a side back strike to C with the right back fist while forming a right L-stance toward D, pulling the right foot.





### c. Forward Double Step-Turning

Move the right foot to D, and then turn clockwise, pivoting with the right foot to form a right walking stance toward C while thrusting to C with the left upset fingertip.



Keep both back hands faced upward at the start of thrusting.



Bring the opposite side fist in front of the shoulder at the moment of impact.

Side View

**56. X-Stance Back Fist Side Strike**  
*(Kyocha So Dung Joomuk Yop Taerigi)*

**a. Spot Jumping Strike**

Close ready stance B.

- i. Jump to A, forming a right X-stance toward D while striking to A with the right back fist, pulling the left fist to the hip.



Ready Posture



- ii. Jump to B, forming a left X-stance toward D while striking to B with the left back fist, pulling the right fist to the hip.



At the start of striking, keep the forearms crossed in front of the liver area with both back fists faced upward, placing the striking one under the other.

Keep the body side facing the target at the moment of impact.

**b. Forward Jumping Strike**

Walking ready stance.

- i. Jump to D to form a right X-stance toward BD while striking to D with the right back fist, and then execute a low block with the left knife-hand while forming a right walking stance toward D, slipping the left foot.



- ii. Jump to D to form a left X-stance toward AD while striking to D with the left back fist, bringing the right finger belly to the left side fist, and then execute a low outward block to D with the right knife-hand while forming a left walking stance toward D, slipping the right foot.



Application



Keep the body half facing the target at the moment of impact.



**57. Low Stance Palm Reverse Pressing Block**  
*(Nachuo So Sonbadak Bandae Noollo Makgi)*

**a. Forward Stepping Block.**

**Walking ready stance**

- i. Move the right foot to D in a slow motion, forming a right low stance toward D while blocking with the left palm.



Ready Posture



Both palms must pass each other in front of the umbilicus.



- ii. Move the left foot to D in a slow motion, forming a left low stance toward D while blocking with the right palm.

Side View



Application



### b. Backward Step-Turning

Move the left foot to C, turning counter-clockwise to form a left low stance toward C while blocking with the right palm.

Clockwise turning is not practical.

This can be performed either in a slow or fast motion. A low stance is used when performing in a slow motion with the purpose of developing muscles or breath control.

Walking stance palm reverse pressing block can be exercised in the same way.



Walking Stance

**58. Close Stance Back Fist Side Back Strike**  
*(Moa So Dung Joomuk Yopdwi Taerigi)*

**Spot Strike**

Sitting ready stance.

- i. Bring the left foot to the right foot to form a close stance toward D while striking to C with the right back fist, and then move the right foot to A, forming a sitting stance toward D while executing a hooking block to D with the left palm.



Ready Posture

- ii. Bring the right foot to the left foot to form a close stance toward D while striking to C with the left back fist, and then move the left foot to B, forming a sitting stance toward D while executing a hooking block to D with the right palm.





\*1. At the start of striking, keep the forearms crossed in front of the epigastrium with both back fists faced upward, placing the striking one under the other.

2. Keep the striking back fist full facing the opponent while extending the opposite arm to the side downward.



Top View



\* Sitting stance back fist side back strike can be exercised in the same way.

**59. Walking Stance-X-Fist Pressing Block**  
*(Gunnun So Kyocho Joomuk Noollo Makgi)*

**a. Forward Stepping Block**

Walking ready stance.

- i. Move the right foot to D to form a right walking stance toward D while blocking with an X-fist, and then execute a rising block with the right knife-hand, keeping the same stance toward D.



- ii. Move the left foot to D, forming a left walking stance toward D while blocking with an X-fist, and then execute a rising block with the left knife-hand, keeping the same stance toward D.

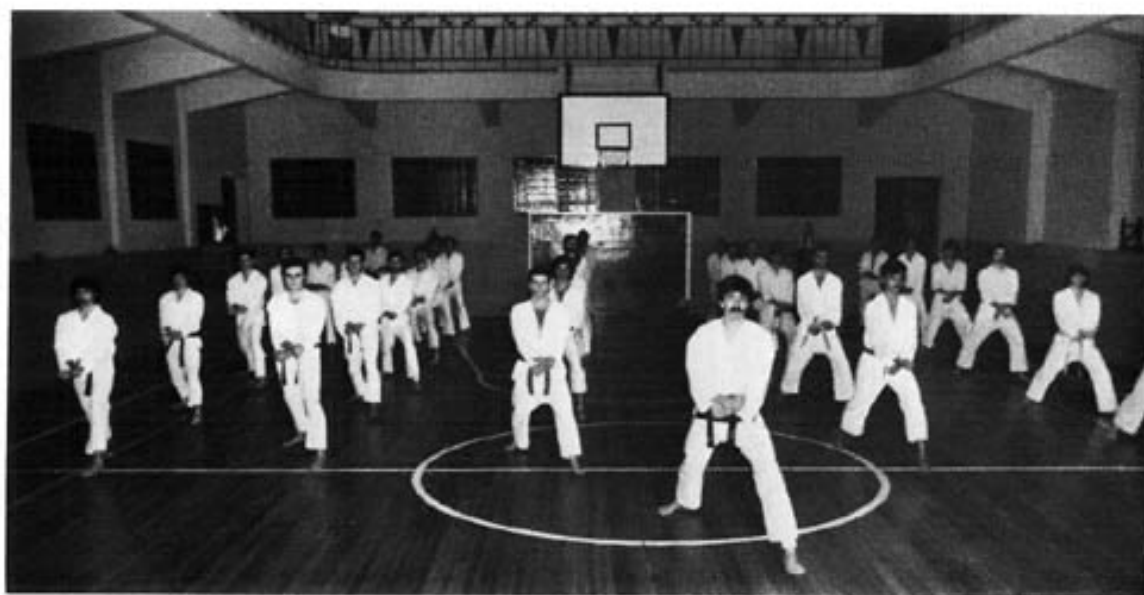


**b. Backward Stepping Block**

- i. Move the left foot to C, forming a right walking stance toward D while blocking with an X-fist, and then execute a rising block with the left knife-hand, keeping the same stance toward D.



- ii. Move the right foot to C to form a left walking stance D while blocking with an X-fist, and then execute a rising block with the right knife-hand, keeping the same stance toward D.



**60. Close Stance Twin Elbow Horizontal Thrust**  
*(Niunja So Sang Palkup Soopyong Tulgi)*

**a. Forward Stepping Thrust**

Left walking ready stance.

- i. Bring the right foot to the left foot, forming a close stance toward D while executing a twin side elbow thrust, and then move the right foot to D to form a right walking stance toward D while thrusting to D with the right straight fingertip.



- ii. Bring the left foot to the right foot to form a close stance toward D while thrusting with a twin side elbow, and then move the left foot to D, forming a left walking stance toward D while thrusting to D with the left straight fingertip.



## b. Backward Stepping Thrust

- i. Bring the left foot to the right foot to form a close stance toward D while thrusting with a twin side elbow, and then move the left foot to C, forming a right walking stance toward D while thrusting to D with the right straight fingertip.
- ii. Bring the right foot to the left foot to form a close stance toward D while thrusting with a twin side elbow and then move the right foot to C, forming a left walking stance toward D while thrusting to D with the left straight fingertip.



- \* 1. Keep the forearms crossed in front of the solar plexus at the start of blocking.  
2. Keep both side fists faced downward at the moment of impact.



## 61. Walking Stance Upset Punch (*Gunnun So Dwijibo Jirugi*)

### a. Forward Stepping Punch

Right walking ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while punching to D with the right fist, and then execute a wedging block with the outer forearm, keeping the same stance toward D.



- ii. Move the right foot to D to form a right walking stance toward D while punching to D with the left fist, and then execute a wedging block with the outer forearm, keeping the same stance toward D.



At the start of punching, keep both back fists faced upward.

The fist reaches the target in a circular motion.



## b. Backward Stepping Punch

- i. Move the left foot to C, forming a right walking stance toward D while punching to D with the left fist, and then execute a wedging block with a knife-hand, keeping the same stance toward D.



- ii. Move the right foot to C, forming a left walking stance toward D while punching to D with the right fist, and then execute a wedging block with a knife-hand, keeping the same stance toward D.

### Side View



Keep the fist slightly higher than the elbow.





**62. Walking Stance Twin Fist Uspet Punch**  
*(Gunnun So Sang Joomuk Dwijibo Jirugi)*

**Spot Punch**

**Close ready stance B.**

- i. Move the right foot to AD in a stamping motion to form a right walking stance toward AD while punching to AD.



Side View

- ii. Bring the right foot to the left foot, and then move the left foot to BD to form a left walking stance toward BD while punching to BD.



**63. Walking Stance Twin Fist High Vertical Punch**  
(*Gunnun So Sang Joomuk Nopunde Sewo Jirugi*)

**a. Forward Stepping Punch**

Parallel ready stance.

- i. Move the right foot to D to form a right walking stance toward D while punching to D, and then execute a back piercing kick to C with the right foot.



- ii. Move the left foot to D forming a left walking stance toward D while punching to D, and then execute a back piercing kick to C with the left foot.



Side View



## b. Backward Stepping Punch

- i. Move the left foot to C, forming a right walking stance toward D while punching to D, and then execute a pressing block with an X-fist, keeping the same stance toward D.



- ii. Move the right foot to C to form a left walking stance toward D while punching to D, and then execute a pressing block with an X-fist, keeping the same stance toward D.





**c. Backward Double Step-Turning**

Move the left foot to C and then turn counter-clockwise, pivoting with the left foot to form a right walking stance toward C while punching to C.



## 64. Upward Kick (*Ollyo Chagi*)

### a. Forward Stepping Kick

Left walking ready stance.

- i. Kick to D with the right knee while pulling both palms downward, and then lower the right foot to D in a stamping motion to form a right walking stance toward D while executing an upset punch to D with a twin fist.



- ii. Kick to D with the left knee while pulling both palms downward, and then lower the left foot to D in a stamping motion to form a left walking stance toward D while executing an upset punch to D with a twin fist.



**b. Spot-Turning**

Turn clockwise, pivoting with the left foot, and then lower the right foot to C while kicking to C with the left knee.

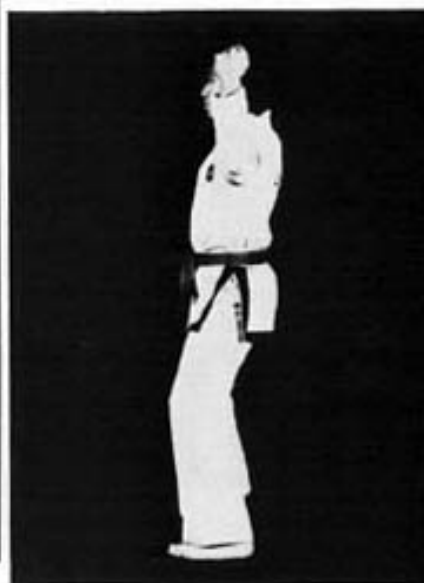


**65. Sitting Stance Outer Forearm W-shape Block**  
*(Anun So Bakkat Palmok San Makgi)*

**a. Forward Stepping Block**

Close ready stance A.

- i. Move the left foot to D in a stamping motion, forming a sitting stance toward A while blocking with the left outer forearm.



Front View

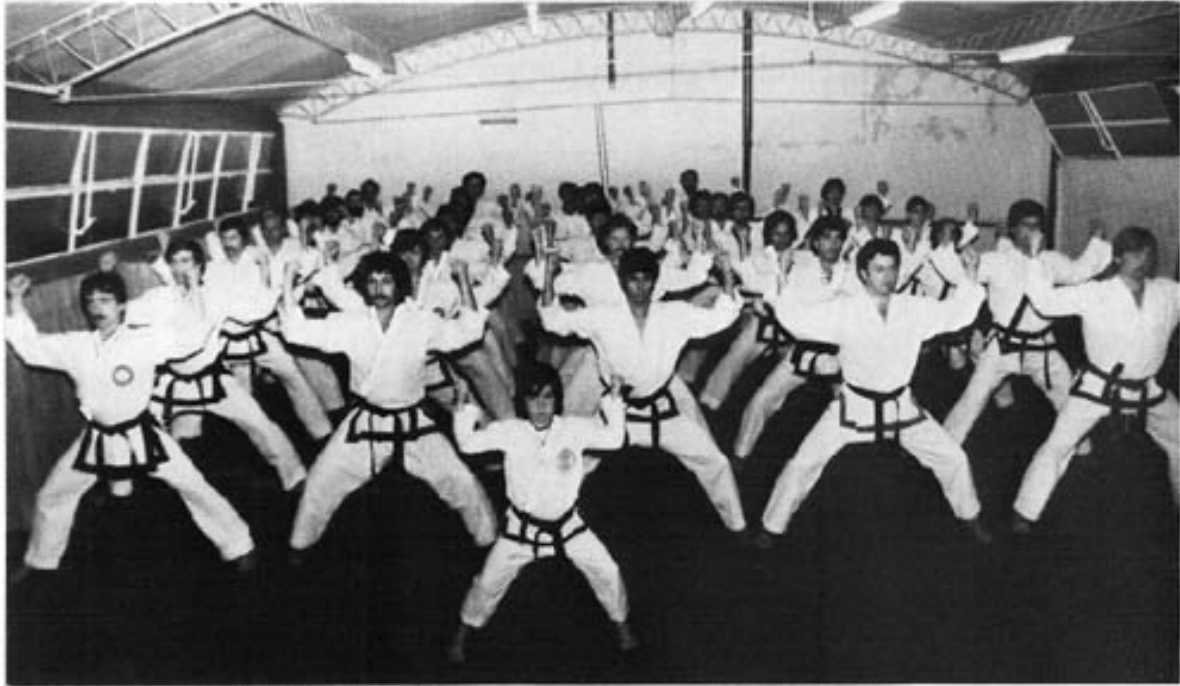


- ii. Move the right foot to D in a stamping motion, turning counter-clockwise to form a sitting stance toward B while blocking with the right outer forearm.



**Keep the forearm straight with the outer forearm facing the front at the moment of block.**





**b. Backward Step-Turning**

Assume a sitting stance toward B.

Move the right foot to C in a stamping motion, turning counter-clockwise to form a sitting stance toward A while blocking with the right outer forearm.

Clockwise turning is not reasonable.



**66. Sitting Stance Knife-Hand W-Shape Block** (*Annun So Sonkal San Makgi*)

Both the method and procedure of exercise are the same as those of a sitting stance outer forearm W-shape block.

## 67. Reverse Turning Kick (*Bandae Dollyo Chagi*)

### a. Forward Stepping Kick

Right rear foot stance forearm guarding block.

- i. Execute a high reverse turning kick to BD with the right foot, and then lower it to D to form a left rear foot stance with a forearm guarding block toward D.



- ii. Execute a high reverse turning kick to AD with the left foot, and then lower it to D, forming a right rear foot stance with a forearm guarding block toward D.



## b. Backward Stepping Kick

- i. Execute a high reverse turning kick to C with the right foot, and then lower it to C, forming a right rear foot stance with a knife-hand guarding block toward D.



- ii. Execute a high reverse turning kick to C with the left foot, and then lower it to C to form a left rear foot stance with a knife-hand guarding block toward D.



**68. Close Stance Inner Forearm Side Front Block**  
*(Moa So Anpalmok Yobap Makgi)*

**a. Toward B**

**Sitting ready stance.**

- i. Bring the right foot to the left foot to form a close stance toward D while blocking to D with the left inner forearm.



**Ready Posture**



- ii. Move the left foot to B, forming a sitting stance toward D while blocking to D with the right inner forearm.

- iii. Repeat i.



**At the start of blocking, keep the back forearms crossed in front of the solar plexus, placing the blocking one under the other.**

**Keep the back fist full facing the front at the moment of block.**

**b. Toward A**

- i. Bring the left foot to the right foot to form a close stance toward D while blocking to D with the right inner forearm.
- ii. Move the right foot to A, forming a sitting stance toward D while blocking to D with the left inner forearm.

**c. Toward D**

**Sitting ready stance toward B.**

- i. Cross the left foot over the right foot to form a right X-stance toward B while blocking to B with the right inner forearm.



Ready Posture



- ii. Move the right foot to D to form a sitting stance toward B while blocking to B with the right inner forearm.

## 69. L-Stance Obverse Punch (*Niunja So Baro Jirugi*)

The method of punching is similar to that of a reverse punch with a walking stance reverse punch. In this exercise the emphasis is placed on the correct posture during the punching. The stance, in particular, must not be broken at the moment of impact because of the punch itself.

### a. Forward Stepping Punch

**Left L-ready stance.**

- i. Move the left foot to D, forming a right L-stance toward D while punching to D with the right fist.



Top View

- ii. Move the right foot to D, forming a left L-stance toward D while punching to D with the left fist.



Back View

**b. Backward Stepping Punch**

- i. Move the right foot to C, forming a right L-stance toward D while punching to D with the right fist.



**Side View**

- ii. Move the left foot to C, forming a left L-stance toward D while punching to D with the left fist.

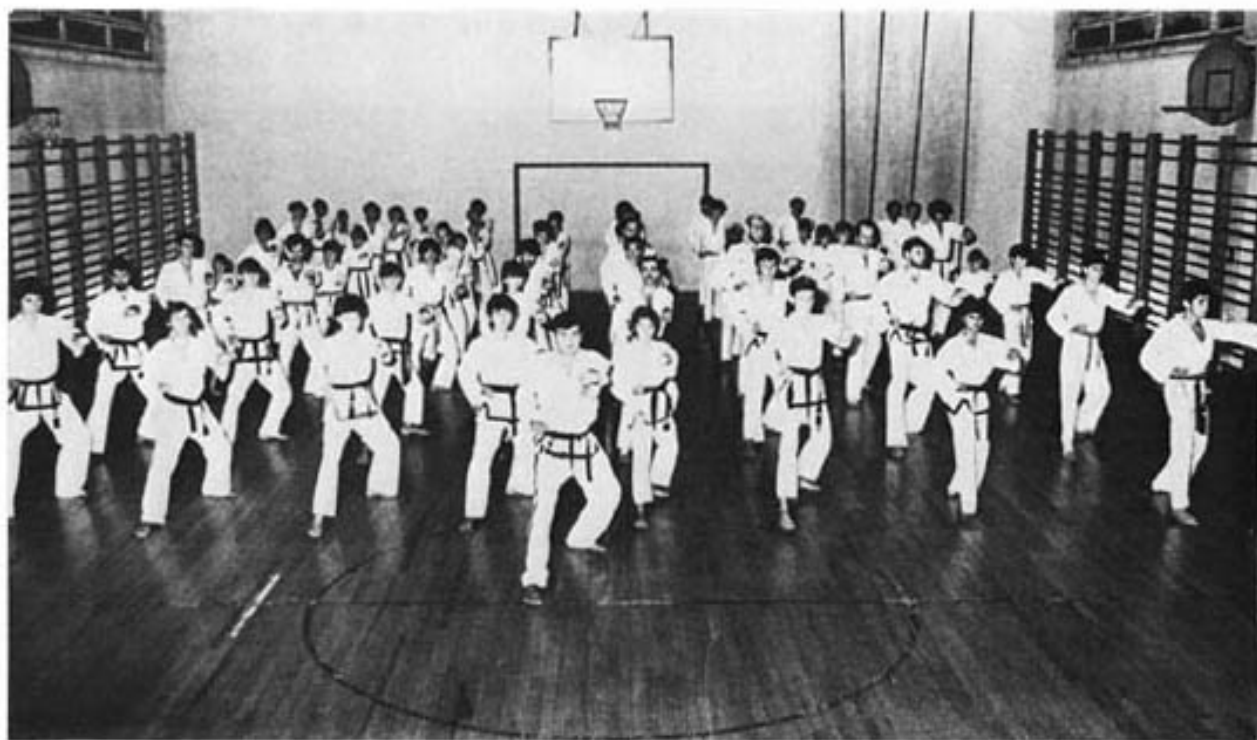


**Top View**



### c. Backward Step-Turning

Move the right foot to C, turning clockwise to form a left L-stance toward C while punching to C with the left fist. Counter-clockwise turning is not reasonable.

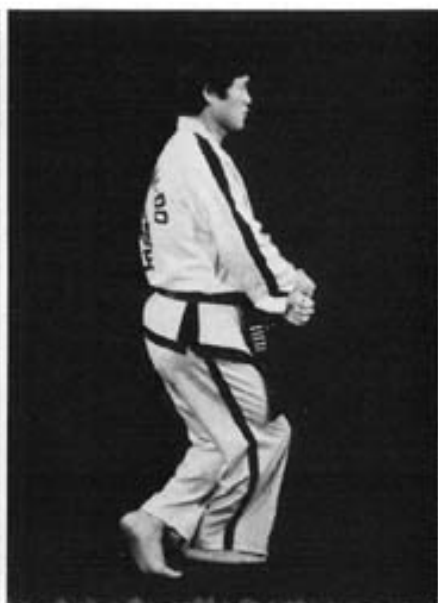


**70. X-Stance X-Fist Pressing Block**  
(*Kyocha So Kyocha Joomuk Noollo Makgi*)

**Forward Jumping Block**

**Right L-ready stance.**

- i. Jump and land to D, forming a right X-stance toward B while blocking, and then move the right foot to D to form a left L-stance toward D while punching to D with the right fist.



- ii. Jump and land to D, forming a left X-stance toward A while blocking, and then move the left foot to D to form a right L-stance toward D while punching to D with the left fist.



Side View

**71. L-Stance Knife-Hand Low Guarding Block**  
(*Niunja So Sonkal Najunde Daebi Makgi*)

**a. Forward Stepping Block**

Parallel ready stance.

- i. Move the left foot to D, forming a right L-stance toward D while blocking to D, and then punch to D with the right fist, maintaining the same stance toward D.
- ii. Move the right foot to D to form a left L-stance toward D while blocking to D, and then punch to D with the left fist, maintaining the same stance toward D.



**b. Backward Stepping Block**

- i. Move the left foot to C to form a left L-stance toward D while blocking to D, and then punch to D with the left fist, maintaining the same stance toward D.
- ii. Move the right foot to C, forming a right L-stance toward D while blocking to D, and then punch to D with the right fist, maintaining the same stance toward D.



**72. L-Stance Flat Fingertip Reverse Thrust**  
*(Niunja So Opun Sonkut Bandae Tulgi)*

**a. Forward Stepping Thrust**

**Right L-ready stance.**

- i. Move the right foot to D to form a left L-stance toward D while thrusting to D with the right flat fingertip, and then execute a high block to D with the right double forearm while forming a right walking stance toward D, slipping the right foot.



**Side View**



- ii. Move the left foot to D to form a right L-stance toward D while thrusting to D with the left flat fingertip, and then execute a high block to D with the left double forearm while forming a left walking stance toward D, slipping the left foot.



### b. Backward Stepping Thrust

- i. Move the left foot to C to form a left L-stance toward D while thrusting to D with the right flat fingertip, and then execute a high block to D with the right double forearm while forming a right walking stance toward D, slipping the left foot.
- ii. Move the right foot to C to form a right L-stance toward D while thrusting to D with the left flat fingertip, and then execute a high block to D with the left double forearm while forming a left walking stance toward D, slipping the right foot.





**73. Rear Foot Stance Knife-Hand Guarding Block**  
*(Dwitbal So Sonkal Daebi Makgi)*

**a. Forward Stepping Block**

**Right walking ready stance.**

- i. Move the left foot to D, forming a right rear foot stance toward D while blocking, and then execute a high block with the left double forearm while forming a left walking stance toward D, slipping the left foot.



- ii. Move the right foot to D, forming a left rear foot stance toward D while blocking, and then execute a high block with the right double forearm while forming a right walking stance toward D, slipping the right foot.





## b. Backward Stepping Block

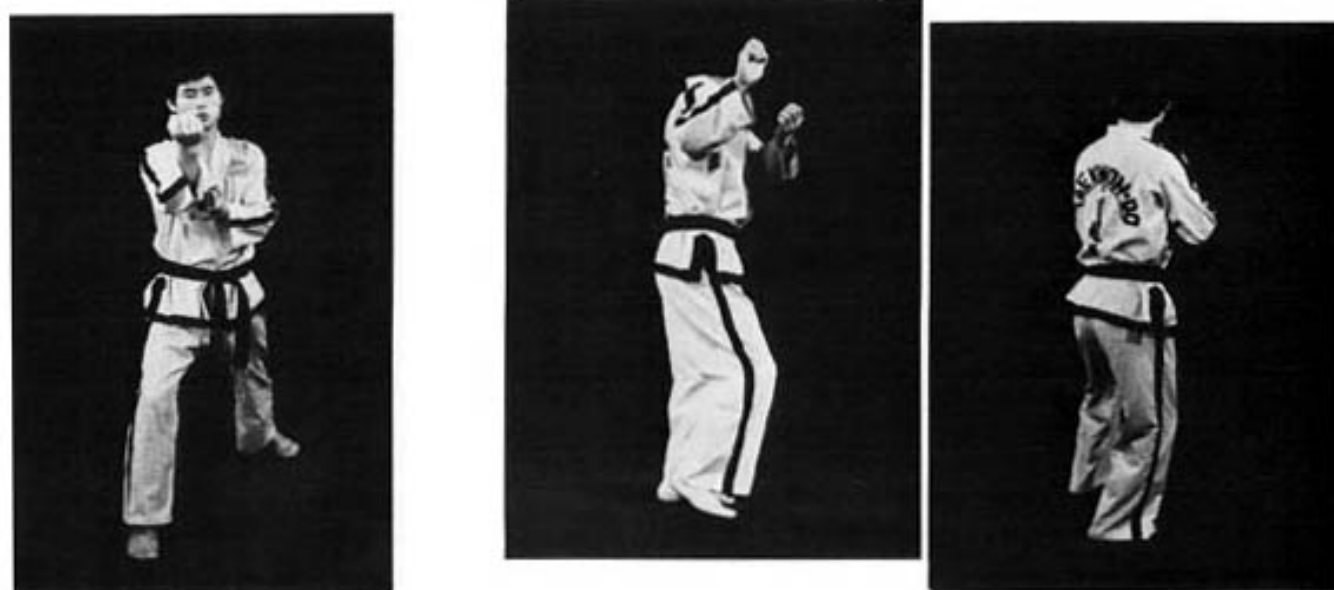
- i. Move the left foot to C, forming a left rear foot stance toward D while blocking, and then execute a high block with the right double forearm while forming a right walking stance toward D, slipping the left foot.



- ii. Move the right foot to C to form a right rear foot stance toward D while blocking, and then execute a high block with the left double forearm while forming a left walking stance toward D, slipping the right foot.

## c. Forward Step-Turning

Move the right foot to D, turning counter-clockwise to form a right rear foot stance toward C while executing a knife-hand guarding block. Clockwise turning is not logical.



**74. Walking Stance Knife-Hand Reverse Rising Block**  
(*Gunnun So Sonkal Bandae Chookyo Makgi*)

**a. Forward Stepping Block**

Left walking ready stance.

- i. Move the right foot to D to form a right walking stance toward D while blocking with the left knife-hand, and then execute a middle punch to D with the right fist.



Keep the left heel slightly off the ground.

- ii. Move the left foot to D to form a left walking stance toward D while blocking with the right knife-hand, and then execute a middle punch to D with the left fist.

**b. Backward Stepping Block**

- i. Move the left foot to C to form a right walking stance toward D while blocking with the left knife-hand, and then execute a middle punch to D with the right fist.
- ii. Move the right foot to C to form a left walking stance toward while blocking with the right knife-hand, and then execute a middle punch to D with the left fist.



Side View



- \*1. Keep the back forearms crossed in front of the liver area, placing the blocking one on the other while keeping the body half facing at the start of blocking.
- 2. Keep the body full facing the opponent at the moment of block.

Keep the right heel slightly off the ground.





**c. Forward Double Step-Turning**

Move the right foot to D, and then turn counter-clockwise, pivoting with the right foot to form a right walking stance toward C while blocking with the left knife-hand. Clockwise turning is not practical.



**75. Rear Foot Stance Reverse Punch (*Twitbal So Bandoe Jirugi*)**

**a. Forward Stepping Punch**

Left walking ready stance.

- i. Move the right foot to D, forming a left rear foot stance toward D while punching to D with the right fist, and then execute a high side turning kick to D with the left instep.



- ii. Lower the left foot to D to form a right rear foot stance toward D while punching to D with the left fist, and then execute a high side turning kick to D with the right instep.



### b. Forward Double Step-Turning

Move the left foot to D, and then turn counter-clockwise, pivoting with the right foot to form a left walking stance toward C while blocking with the left knife-hand. Clockwise turning is not practical.



#### Application



#### Side View



## 76. Walking Stance Forearm Reverse Rising Block (*Gunnun So Palmok Banae Chookyo Makgi*)

Both the method and procedure of exercise are the same as those of a walking stance knife-hand reverse rising block.

### Forward Stepping Block



Side View



### Application





**77. Walking Stance Back Fist Reverse Side Strike**  
*(Gunnun So Dung Joomuk Bandae Yop Taerigi)*

**a. Forward Stepping Strike**

Parallel ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while striking to D with the right back fist.



- ii. Move the right foot to D, forming a right walking stance toward D while striking to D with the left back fist.



**Back View**

## b. Backward Stepping Strike

- i. Move the left foot to C, forming a right walking stance toward D while striking to D with the left back fist.
- ii. Move the right foot to C, forming a left walking stance toward D while striking to D with the right back fist.



At the start of striking, keep the back forearms crossed in front of the chest, placing the striking one under the other with both back fists faced upward.

Keep both back fist and the body half facing the opponent at the moment of impact.

## c. Forward Step-Turning

Move the right foot to D, turning clockwise to form a left walking stance toward C while striking to C with the right back fist. Counter-clockwise turning is not logical.



Side View



**78. L-Stance Back Fist Side Strike**  
*(Niunja So Dung Joomuk Yop Taerigi)*

**a. Spot Strike**

Close ready stance C.

- i. Move the right foot to A, forming a left L-stance toward A while striking to A with the right back fist.



At the start of striking, keep the back forearms crossed in front of the chest, placing the striking one under the other with both back fists faced upward.

Keep the back fist half facing the opponent at the moment of impact.

- ii. Bring the right foot to the left foot and then move the left foot to B to form a right L-stance toward B while striking to B with the left back fist.



- iii. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while striking to A with the right back fist.

## b. Forward Stepping Strike

- i. Move the right foot to D to form a left L-stance toward D while striking to D with the right back fist, and then twist the right fist clockwise until the back fist faces downward while forming a right walking stance toward D, slipping the right foot.



Right arm is being grabbed.



Released



Side View

- ii. Move the left foot to D to form a right L-stance toward D while striking to D with the left back fist, and then twist the left fist counter-clockwise until the back fist faces downward at the same time forming a left walking stance toward D, slipping the left foot.



**c. Forward Step-Turning**

Move the left foot to D, turning clockwise to form a left L-stance toward C while striking to C with the right back fist. Counter-clockwise turning is not logical.



**Side View**

**79. Rear Foot Stance Back Fist Side Strike**  
(*Dwitbal So Dung Joomuk Yop Taerigi*)

Both the method and procedure of exercise are the same as those of an L-stance back fist side strike.

**Forward Stepping Strike**



**80. Fixed Stance Back Fist Side Strike**  
(*Gojung So Dung Joomuk Yop Taerigi*)

Both the method and procedure of exercise are also the same as those of an L-stance back fist side strike but with a low stance instead of a walking stance for the releasing motion.

**Spot Strike**



**81. L-Stance Back Fist Horizontal Strike**  
*(Niunja So Dung Joomuk Soopyong Taerigi)*

**a. Forward Stepping Strike**

**Parallel ready stance.**

- i. Move the right foot to D to form a left L-stance toward D while striking to D with the right back fist, and then execute a turning kick to A with the left knee.



- ii. Lower the left foot to D, forming a right L-stance toward D while striking to D with the left back fist, and then execute a turning kick to B with the right knee.





## b. Backward Stepping Strike

- i. Move the right foot to C to form a right L-stance toward D while striking to D with the left back fist, and then execute a middle back piercing kick to C with the left foot.



- ii. Lower the left foot to C, forming a left L-stance toward D while striking to D with the right back fist, and then execute a middle back piercing kick to C with the right foot.



**c. Backward Double Step-Turning**

Move the right foot to C and then turn counter-clockwise, pivoting with the right foot to form a right L-stance toward C while striking to C with the left back fist.

Clockwise turning is not reasonable.



**Other View**

- \* 1. At the start of striking, keep the forearms crossed in front of the chest, placing the striking one on the other with both back fists faced upward.
- 2. Keep the arm straight and horizontal at the moment of impact.



**82. Fixed Stance Back Fist Horizontal Strike**  
*(Gojung So Dung Joomuk Soopyong Taerigi),*

It can be exercised in the same way as an L-stance back fist horizontal strike.

**Forward Stepping Strike**



**83. L-Stance Outer Forearm Outward Block**  
*(Niunja So Bakkat Palmok Bakuro Makgi)*

**a. Forward Stepping Block**

Left L-ready stance.

- i. Move the left foot to D to form a right L-stance toward D while blocking to D with the left outer forearm, and then execute a front snap kick to D with the right knee.



- ii. Lower the right foot to D, forming a left L-stance toward D while blocking to D with the right outer forearm, and then execute a front snap kick to D with the left knee.



### b. Backward Stepping Block

- i. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left outer forearm, and then execute a low side front kick to D with the left instep.
- ii. Lower the left foot to C, forming a left L-stance toward D while blocking to D with the right outer forearm, and then execute a low side front snap kick to D with the right instep.



- \* 1. Keep the back forearms crossed in front of the chest, placing the blocking one on the other at the start of blocking.
- 2. Keep the forearm half facing the opponent at the moment of block.



### c. Forward Step-Turning

Move the left foot to D, turning clockwise to form a left L-stance toward C while blocking to C with the right outer forearm or inner forearm. Counter-clockwise turning is not reasonable.

**84. L-Stance Knife-Hand Outward Block**  
*(Niunja So Sonkal Bakuro Makgi)*

Both the method and procedure of exercise are the same as those of an L-stance outer forearm outward block.

**a. Forward Stepping Block**



Top View



The thumb forms a straight line with the clavicle.

**b. Backward Stepping Block**  
Assume a Right L-stance Toward D.







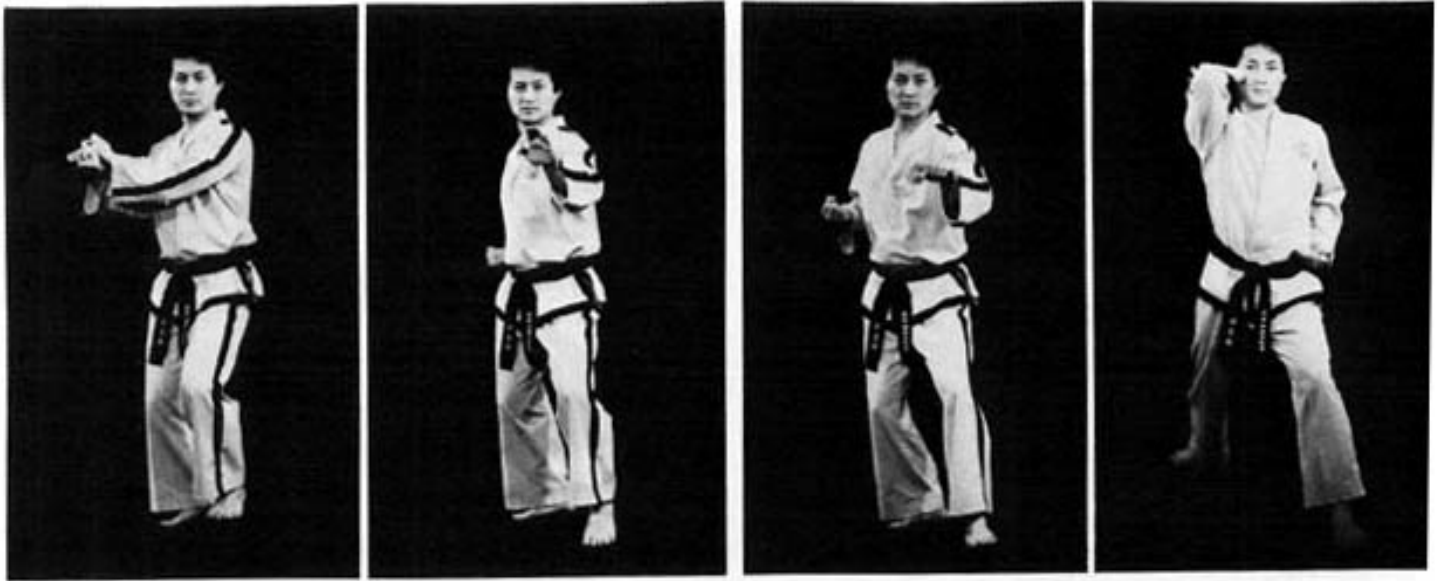


**85. Rear Foot Stance Knife-Hand Outward Block**  
*(Dwitbal So Sonkal Bakuro Makgi)*

**a. Forward Stepping Block**

Right walking ready stance.

- i. Move the left foot to D, forming a right rear foot stance toward D while blocking to D with the left knife-hand, and then strike to D with the right upper elbow while forming a left walking stance toward D, slipping the left foot.



- ii. Move the right foot to D, forming a left rear foot stance toward D while blocking to D with the right knife-hand, and then strike to D with the left upper elbow while forming a right walking stance toward D, slipping the right foot.



## b. Backward Stepping Block

- i. Move the right foot to C, forming a right rear foot stance toward D while blocking to D with the left knife-hand, and then strike to D with the right upper elbow while forming a left walking stance toward D, slipping the right foot.



Side View

- ii. Move the left foot to C, forming a left rear foot stance toward D while blocking to D with the right knife-hand, and then strike to D with the left upper elbow while forming a right walking stance toward D, slipping the left foot.



### c. Backward Double Step-Turning

Assume a left rear foot stance toward D.

Move the right foot to C and then turn counter-clockwise, pivoting with the right foot to form a right rear foot stance toward C while blocking to C with the left knife-hand.

Counter-clockwise turning is not logical.



- \* 1. At the start of blocking, keep the back forearms crossed in front of the chest, placing the blocking one on the other.
- 2. Keep the knife-hand half facing the opponent at the moment of block.

**86. Rear Foot Stance Outer Forearm Outward Block**  
*(Dwitbal So Bakkat Palmok Bakuro Makgi)*

Both the method and procedure of exercise are the same as those of a rear foot stance knife-hand outward block.



Front View



## 87. Fixed Stance Punch (*Gojung So Jirugi*)

The method of punching is the same as that of an L-stance reverse punch.

### a. Forward Sliding Punch

Left walking ready stance.

- i. Move the right foot to D in a sliding motion to form a right fixed stance toward D while punching to D with the right fist.



Side View



- ii. Move the left foot to D in a sliding motion to form a left fixed stance toward D while punching to D with the left fist.



### b. Backward Step-Turning

Move the right foot to C in a sliding motion, turning counter-clockwise to form a right fixed stance toward C while punching to C with the right fist.

Clockwise turning is not reasonable.



### 88. Fixed Stance Flat Fingertip Thrust (*Gojung So Opun Sonkut Tulgi*)

Both the method and procedure of exercise are the same as those of a fixed stance punch.





**89. L-Stance Knife-Hand Inward Strike**  
*(Niunja So Sonkal Anuro Taerigi)*

**a. Spot Strike**

**Close ready stance A.**

- i. Move the left foot to B to form a right L-stance toward B while striking to B with the right knife-hand, and then punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot.



- ii. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while striking to A with the left knife-hand, and punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot.





iii. Bring the right foot to the left foot and then repeat i above.



Top View

Bring the opposite side fist in front of the shoulder at the moment of impact.



### **b. Forward Stepping Strike**

- i. Move the left foot to D to form a right L-stance toward D while striking to D with the right knife-hand, and then slide to D to form a left fixed stance toward D while thrusting to D with the left flat fingertip.



- ii. Move the right foot to D, forming a left L-stance toward D while striking to D with the left knife-hand, and then slide to D to form a right fixed stance toward D while thrusting to D with the right flat fingertip.

### **c. Forward Step-Turning**

Move the left foot to D, turning clockwise to form a left L-stance toward C while striking to C with the left knife-hand.

Counter-clockwise turning is not practical.



## 90. Rear Foot Stance Knife-Hand Inward Strike

*(Dwitbal So Sonkal Anuro Taerigi)*

The method of striking is the same as an L-stance knife-hand inward strike

### a. Forward Stepping Strike

**Parallel ready stance.**

- i. Move the left foot to D, forming a right rear foot stance toward D while striking to D with the right knife-hand, and then punch to D with the left fist.
- ii. Move the right foot to D to form a left rear foot stance toward D while striking to D with the left knife-hand, and then punch to D with the right fist.



### b. Backward Double Step-Turning

Move the right foot to C and then turn counter-clockwise, pivoting with the right foot to form a right rear foot stance toward C while striking to C with the right knife-hand.

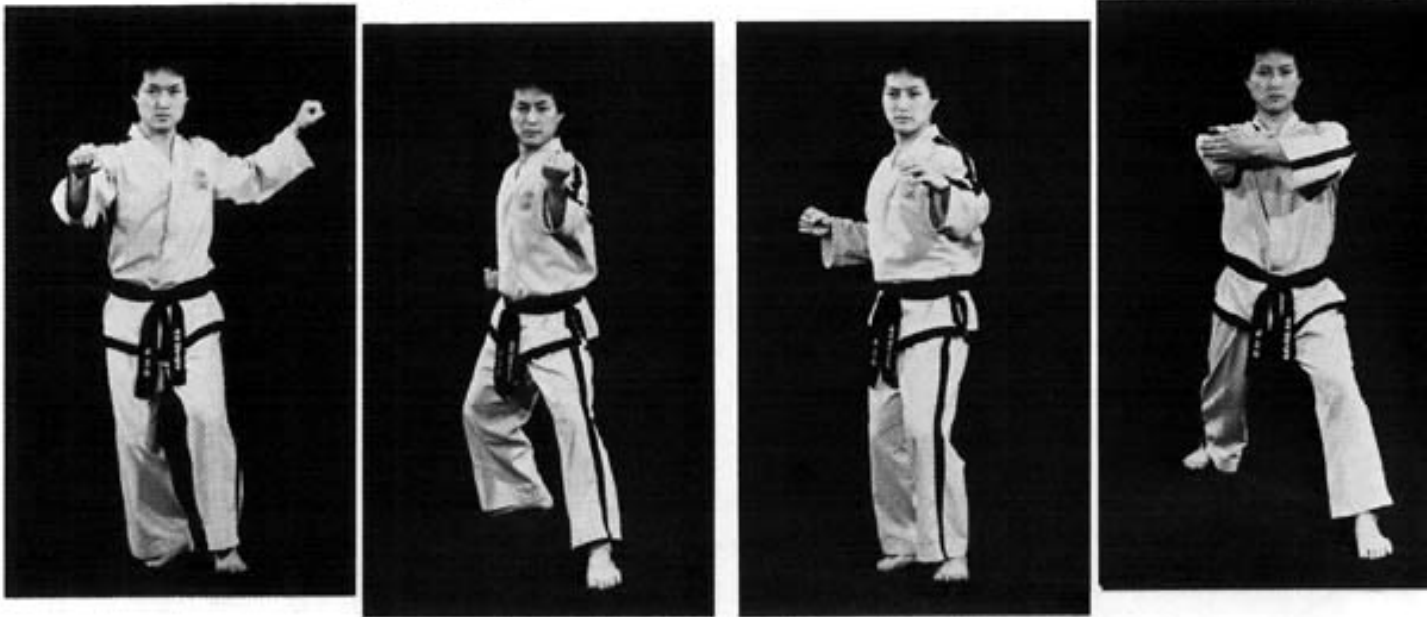
Clockwise turning is not reasonable.

**91. L-Stance Forearm Inward Block (*Nounja So Palmok Anuro Makgi*)**

**a. Forward Stepping Block**

**Parallel ready stance.**

- i. Move the left foot to D, forming a right L-stance toward D while blocking to D with the left forearm, and then strike the left palm with the right front elbow while forming a left walking stance toward D, slipping the right foot.



- ii. Move the right foot to D, forming a left L-stance toward D while blocking to D with the right forearm, and then strike the right palm with the left front elbow while forming a right walking stance toward D, slipping the left foot.



## b. Backward Stepping Block

- i. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left forearm, and then strike the left palm with the right front elbow while forming a left walking stance toward D, slipping the left foot.



- ii. Move the left foot to C, forming a left L-stance toward D while blocking to D with the right forearm, and then strike the right palm with the left front elbow while forming a right walking stance toward D, slipping the right foot.



### c. Backward Double Step-Turning

Move the right foot to C and then turn clockwise, pivoting with the right foot to form a right L-stance toward C while blocking to C with the left forearm. Counter-clockwise turning is not reasonable. Spot turning is not possible.



At the start of blocking, keep both back fists faced upward.



\* Fixed stance forearm inward block can be exercised in the same way.

Fixed Stance



## 92. L-Stance Knife-Hand Inward Block (*Niunja So Sonkal Anuro Makgi*)

The method of blocking is the same as that of an L-stance outer inward block.

### a. Forward Stepping Block

Left L-ready stance.

- i. Move the left foot to D, forming a right L-stance toward D while blocking to D with the left knife-hand, and then execute a high vertical punch to D with a twin fist while forming a left walking stance toward D, slipping the left foot.
- ii. Move the right foot to D to form a left L-stance toward D while blocking to D with the right knife-hand, and then execute a high vertical punch to D with a twin fist while forming a right walking stance toward D, slipping the right foot.



### b. Forward Step-Turning

Move the left foot to D, turning clockwise to form a left L-stance toward C while blocking to C with the right knife-hand.

Counter-clockwise turning is not reasonable.



### 93. Flying Side Piercing Kick (*Twimyo Yopcha Jirugi*)

**Right L- stance.**

- i. Move the right foot to D to execute a flying side piercing kick to D with the right foot, and then land to D, forming a left L-stance toward D while executing a middle guarding block with a knife-hand.



**Ready Posture**



- ii. Move the left foot to D to execute a flying side piercing kick to D with the left foot, and then land to D, forming a right L-stance toward D while executing a middle guarding block with a knife-hand.



**Keep the left heel slightly off the ground.**



**Kick is delivered.**



**Kick is delivered.**



**Landing**



**Landed**



**Landed**



**Side View**



## 94. Parallel Stance Angle Punch (*Narani So Giokja Jirugi*)

### a. Forward Stepping Punch

Left walking ready stance.

- i. Execute an angle punch with the right fist while forming a parallel stance toward D, pulling the right foot, and then move the right foot to D to form a right walking stance toward D while executing a wedging block with the forearm.



- ii. Execute an angle punch with the left fist while forming a parallel stance toward D, pulling the left foot, and then move the left foot to D to form a left walking stance toward D while executing a wedging block with the inner forearm.



Side View

## b. Backward Stepping Punch

- i. Execute an angle punch with the right fist while forming a parallel stance toward D, pulling the left foot, and then move the left foot to C to form a right walking stance toward D while executing a wedging block with a knife-hand.



- ii. Execute an angle punch with the left fist while forming a parallel stance toward D, pulling the right foot, and then move the right foot to C to form a left walking stance toward D while executing a wedging block with a knife-hand.



**95. Sitting Stance Palm Pushing Block**  
(*Anuun So Sonbadak Miro Makgi*)

**a. Spot Block**

Close ready stance C.

- i. Move the left foot to B, forming a sitting stance toward D while blocking to D with the left palm, and then bring the left foot to the right foot to form a close stance toward D while executing an angle punch with the right fist.



**Ready Posture**

- ii. Move the right foot to A to form a sitting stance toward D while blocking to D with the right palm, and then bring the right foot to the left foot, forming a close stance toward D while executing an angle punch with the left fist.



Side View



Other View



## b. Forward Stepping Block

- i. Move the left foot to BD to form a sitting stance toward AD while blocking to AD with the left palm, and then execute a reverse hooking kick to D with the right foot.



- ii. Lower the right foot to AD to form a sitting stance toward BD while blocking to BD with the right palm, and then execute a reverse hooking kick to AD with the left foot.







**96. Parallel Stance Palm Pushing Block (*Narani So Sonbadak Miro Makgi*)**

The method of blocking remains the same as that of a sitting stance palm pushing block.

**a. Forward Stepping Block**

Walking ready stance.

- i. Move the left foot to D, forming a parallel stance toward A while blocking to D with the left palm, and then execute a middle reverse turning kick to BD with the right ball of the foot.



- ii. Lower the right foot to D, forming a parallel stance toward B while blocking to B with the right palm, and then execute a middle reverse turning kick to AD with the left ball of the foot.





**Top View**



## b. Backward Stepping Block

Assume a parallel stance toward A.

- i. Move the left foot to C, turning clockwise to form a parallel stance toward B while blocking to B with the left palm, and then execute a high reverse turning kick to AC with the right ball of the foot.



- ii. Lower the right foot to C, forming a parallel stance toward A while blocking to A with the right palm and then execute a high reverse turning kick to BC with the left ball of the foot.





**97. Vertical Stance Knife-Hand Downward Strike**  
*(Soojik So Sonkal Naeryo Taerigi)*

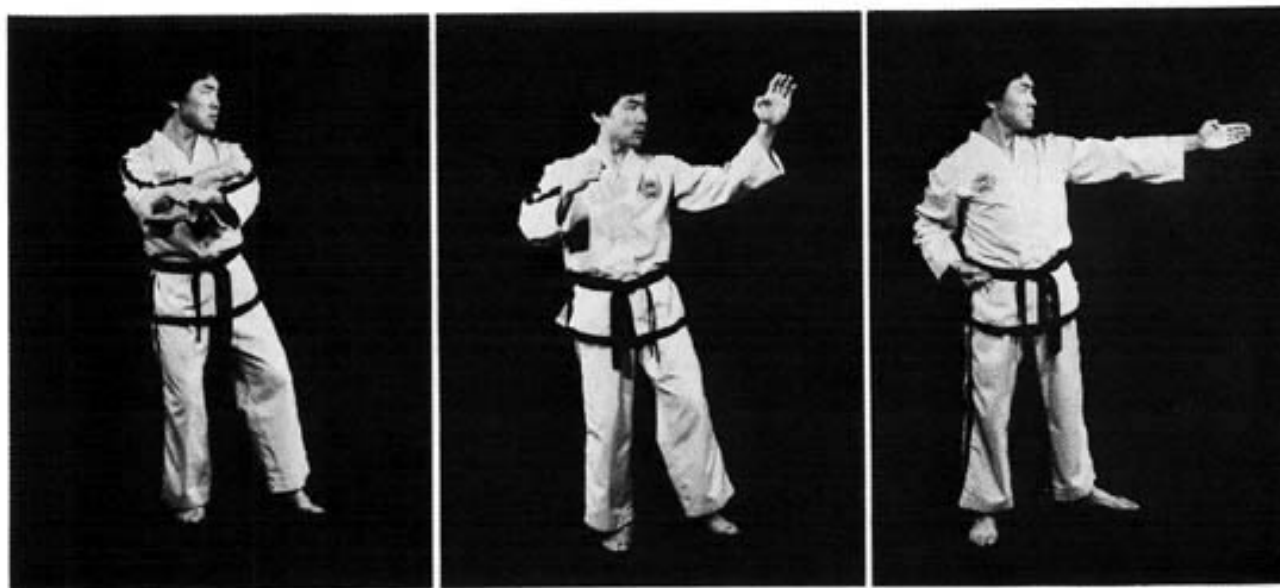
**a. Spot Strike**

**Sitting ready stance.**

- i. Strike to A with the right knife-hand while forming a left vertical stance toward A, pulling the right foot, and then move the left foot to B to form a sitting ready stance toward D.



- ii. Strike to B with the left knife-hand while forming a right vertical stance toward B, pulling the left foot, and then move the right foot to A to form a sitting ready stance toward D.



- \* 1. At the start of striking, keep the forearms crossed in front of the chest with both back fists faced upward, placing the striking one under the other.
- 2. Attacking tool reaches the target in a circular motion.
- 3. Keep the elbow straight at the moment of impact.





## b. Forward Stepping Strike

### Parallel ready stance.

- i. Move the right foot to D, forming a left vertical stance toward D while striking to D with the right knife-hand, and then execute a side rising kick to D with the left foot



- ii. Lower the left foot to D, forming a right vertical stance toward D while striking to D with the left knife-hand, and then execute a side rising kick to D with the right foot.



**98. Rear Foot Stance Knife-Hand Downward Strike**  
*(Dwitbal So Sonkal Naeryo Taerigi)*

Both the method and procedure of exercise are the same as those of a vertical stance knife-hand downward strike.

- a. Forward Stepping Strike
- b. Backward Stepping Strike



\* Both the method and procedure of exercise for a rear foot stance side fist downward strike remain the same as those of a vertical stance knife-hand downward strike.



Side Fist



## 99. L-Stance Side Elbow Thrust (*Niunja So Yop Palkup Tulgi*)

### a. Sliding Thrust Toward D

Left walking ready stance.

- i. Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right elbow, and then execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot.



- ii. Move the left foot to D in a sliding motion to form a left L-stance toward C while thrusting to D with the left elbow, and then execute a high thrust to D with the left flat fingertip while forming a left low stance toward D, slipping the left foot.





## b. Backward Sliding Thrust

- i. Move the right foot to C in a sliding motion to form a right L-stance to D while thrusting to C with the right elbow, and then execute a rising block with the right knife-hand while forming a left walking stance toward D, slipping the right foot.

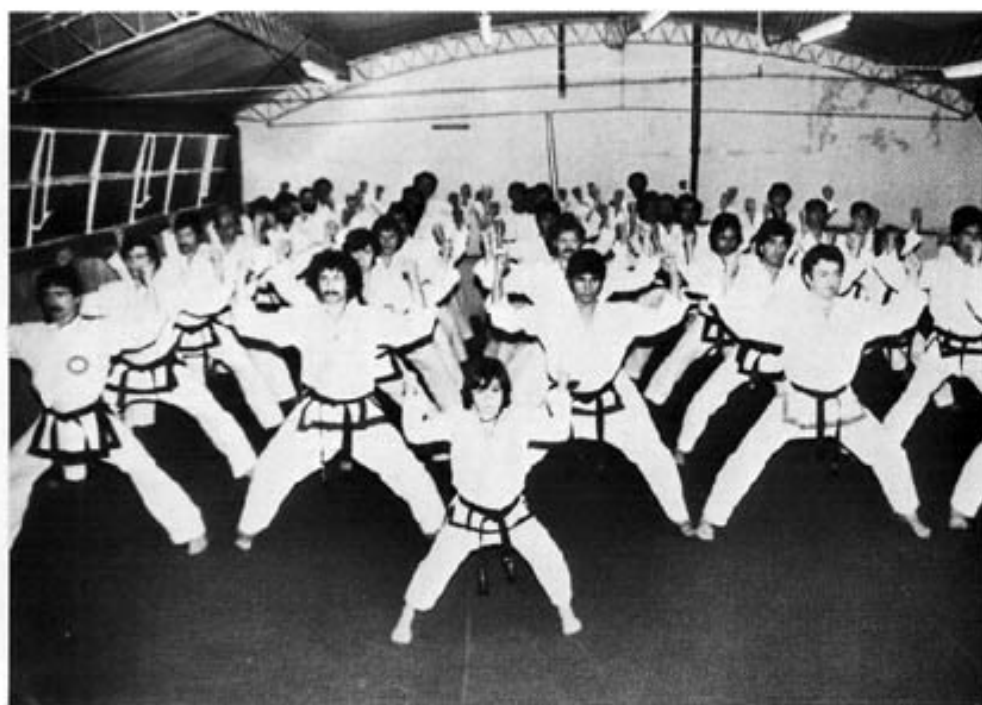


- ii. Move the left foot to C in a sliding motion to form a left L-stance toward D while thrusting to C with the left elbow, and then execute a rising block with the right knife-hand while forming a right walking stance toward D, slipping the left foot.



At the start of thrusting, keep the forearms crossed in front of the rib cage with both side fists faced downward, placing the thrusting one under the other.

Side View



**100. Rear Foot Stance Side Elbow Thrust**  
*(Dwitbal So Yop Palkup Tulgi)*

The method of thrusting remains the same as those of an L-stance side elbow thrust.

**a. Stepping Thrust Toward D**

**Right L-ready stance.**

- i. Move the right foot to D, forming a right rear foot stance toward C while thrusting to D with the right elbow and then punch to C with the left fist while forming a right L-stance toward C, slipping the right foot.



- ii. Move the left foot to D, forming a left rear foot stance toward C while thrusting to D with the left elbow and then punch to C with the right fist while forming a left L-stance toward C, slipping the left foot.





## B. Backward Stepping Thrust

- i. Move the right foot to C, forming a right rear foot stance toward D while thrusting to C with the right elbow, and then punch to D with the left fist while forming a right L-stance toward d, slipping the left foot.



- ii. Move the left foot to C to form a left rear foot stance toward C while thrusting to C with the left elbow, and then punch to D with the right fist at the same time forming a left L-stance toward D, slipping the right foot.



Fixed stance side elbow thrust can be exercised in the same way as either an L-stance or rear foot stance side elbow thrust.



Fixed Stance

## 101. Walking Stance Downward Punch (*Gunnun So Naeryo Jirugi*)

### a. Forward Stepping Punch

Right walking ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while punching with the right fist, and then execute a middle thrust to D with the left flat fingertip, maintaining the same stance toward D.

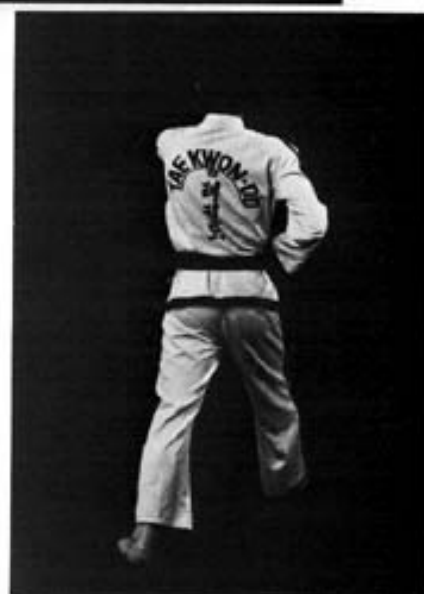
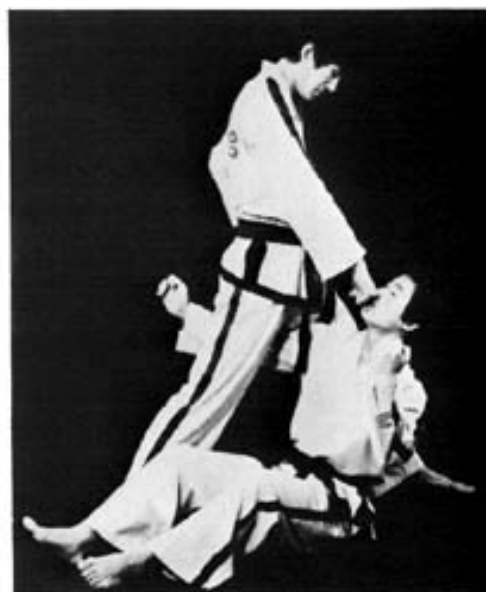


- ii. Move the right foot to D to form a right walking stance toward D while punching with the left fist, and then execute a middle thrust to D with the right flat fingertip, maintaining the same stance toward D.



**b. Forward Double Step-Turning**

Move the right foot to D and then turn clockwise, pivoting with the right foot to form a right walking stance toward C while punching with the left fist. Counter-clockwise turning is not practical.



**102. L-Stance Upward Punch** (*Niunja So Ollyo Jirugi*)

**a. Forward Stepping Punch**

**Right walking ready stance.**

- i. Move the left foot to D, forming a right L-stance toward D while punching with the right fist, and then slide to D to form a left fixed stance toward D while punching to D with the left fist.



- ii. Move the right foot to D, forming a left L-stance toward D while punching with the left fist, and then slide to D to form a right fixed stance toward D while punching to D with the right fist.



Bring the opposite side fist in front of the shoulder while executing an upward punch.



Top View



### b. Backward Stepping Punch

Assume a left fixed stance toward D.

- i. Move the left foot to C, forming a left L-stance toward D while punching with the left fist, and then thrust to D with the right flat fingertip while forming a right fixed stance toward D, slipping the left foot.
- ii. Move the right foot to C, forming a right L-stance toward D while punching with the right fist, and then thrust to D with the left flat fingertip while forming a left fixed stance toward D, slipping the right foot.



**c. Backward Double Step-Turning**

Move the right foot to C and then turn counter-clockwise, pivoting with the right foot to form a right L-stance toward C while punching with the right fist.

Clockwise turning is not reasonable.



Side View

**103. Fixed Stance Upward Punch (*Gojung So Ollyo Jirugi*)**

The method of punching is the same as that of an L-stance upward punch.

**Forward Sliding Punch**

Parallel ready stance.

- i. Slide to D, forming a left fixed stance toward D while punching to D with the right fist.



- ii. Slide to D forming a right fixed stance toward D while punching to D with the left fist.

#### 104. Rear Foot Stance Upward Punch (*Dwitbal So Ollyo Jirugi*)

The method of punching is also the same as that of an L-stance upward punch.

##### Forward Stepping Punch

Right walking ready stance.

- i. Move the left foot to D, forming a right rear foot stance toward D while punching with the right fist, and then execute a middle turning kick to AD with the right instep.
  
- ii. Lower the right foot to D to form a left rear foot stance toward D while punching with the left fist, and then execute a middle turning kick to BD with the left instep.



Side View



**105. Reverse Hooking Kick (*Bandae Dollyo Goro Chagi*)**

**a. Forward Stepping Kick**

**Right L-ready stance.**

- i. Kick to D with the right foot, turning clockwise, and then lower it to D to form a left L-stance toward D while executing a forearm guarding block.



**Kicking**



**Pulling**

**Top View**



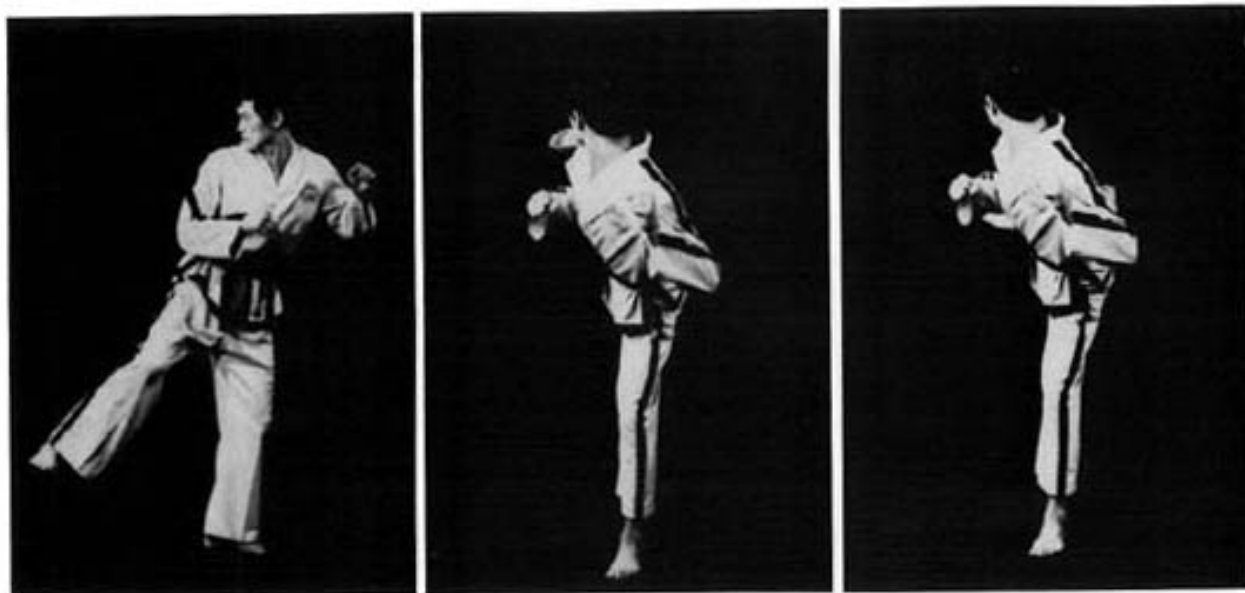
- ii. Kick to D with the left foot, turning counter-clockwise, and then lower it to D to form a right L-stance toward D while executing a forearm guarding block.



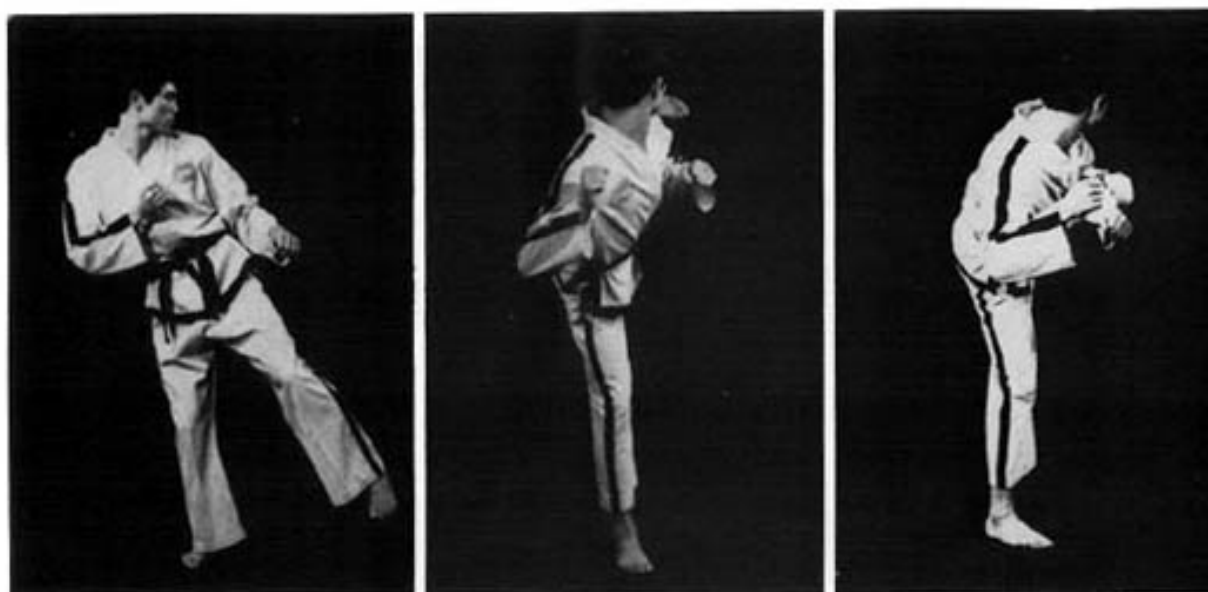
**b. Backward Stepping Kick**

**Assume a left L-stance toward D.**

- i. Kick to D with the right foot, and then lower it to C to forearm a right L-stance toward D while executing a forearm guarding block.



- ii. Kick to D with the left foot, and then lower it to C, forming a left L-stance toward D while executing a forearm guarding block.





**106. L-Stance Forearm Low Reverse Block**  
(*Niunja So Palmok Najunde Bandae Makgi*)

**a. Forward Stepping Block**

Parallel ready stance.

- i. Move the left foot to D, forming a right L-stance toward D while blocking to D with the left forearm and then execute a high reverse turning kick to D with the right ball of the foot.



- ii. Lower the right foot to D to form a left L-stance toward D while blocking to D with the right forearm, and then execute a high reverse turning kick to D with the left ball of the foot.



### b. Backward Stepping Block

- i. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left forearm, and then execute a high reverse turning kick to C with the left ball of the foot.
- ii. Lower the left foot to C, forming a left L-stance toward D while blocking to D with the right forearm, and then execute a high reverse turning kick to C with the right ball of the foot.



### 107. Rear Foot Stance Forearm Low Reverse Block (*Dwitbal So Palmok Najunde Banae Makgi*)

Both the method and procedure of exercise are the same as those of an L-stance forearm low reverse block.



**108. L-Stance Double Forearm Low Pushing Block**  
*(Niunja So Palmok Najunde Miro Makgi)*

**a. Forward Stepping Block**

Left L-ready stance.

- i. Move the left foot to D, forming a right L-stance toward D while blocking to D with the left double forearm, and then thrust to D with the right flat fingertip maintaining the same stance toward D.



- ii. Move the right foot to D to form a left L-stance toward D while blocking to D with the right double forearm, and then thrust to D with the left flat fingertip, maintaining the same stance toward D.





## b. Backward Stepping Block

- i. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left double forearm, and then thrust to D with the right flat fingertip, maintaining the same stance toward D.
- ii. Move the left foot to C to form a left L-stance toward D while blocking to D with the right double forearm, and then thrust to D with the left flat fingertip, maintaining the same stance toward D.

## c. Backward Double Step-turning

Move the right foot to C and then turn counter-clockwise, pivoting with the right foot to form a right L-stance toward C while blocking to C with the left double forearm. Clockwise turning is not reasonable.



Top View



Side View

**109. Rear Foot Stance Double Forearm Low Pushing Block**  
(*Dwitbal So Doo Palmok Najunde Miro Makgi*)

The method of blocking remains the same as that of an L-stance double forearm low pushing block.

**Forward Stepping Block**

- i. Move the left foot to D, forming a right rear foot stance toward D while blocking to D with the left double forearm, and then execute an upward kick with the right knee, pulling both palms downward.



- ii. Lower the right foot to D to form a left rear foot stance toward D while blocking to D with the right double forearm, and then execute an upward kick with the left knee, pulling both palms downward.

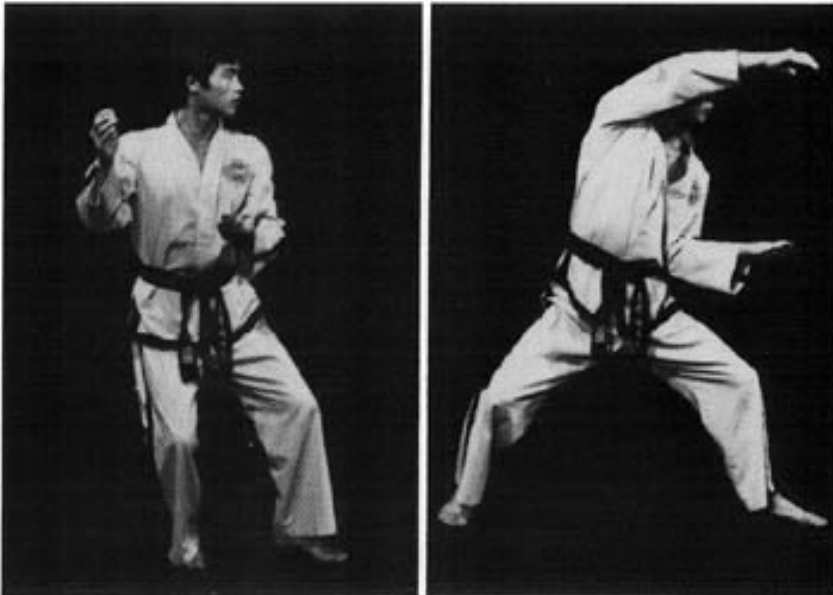


## 110. Fixed Stance U-Shape Block (*Gojung So Mongdung-i Makgi*)

### a. Spot Block

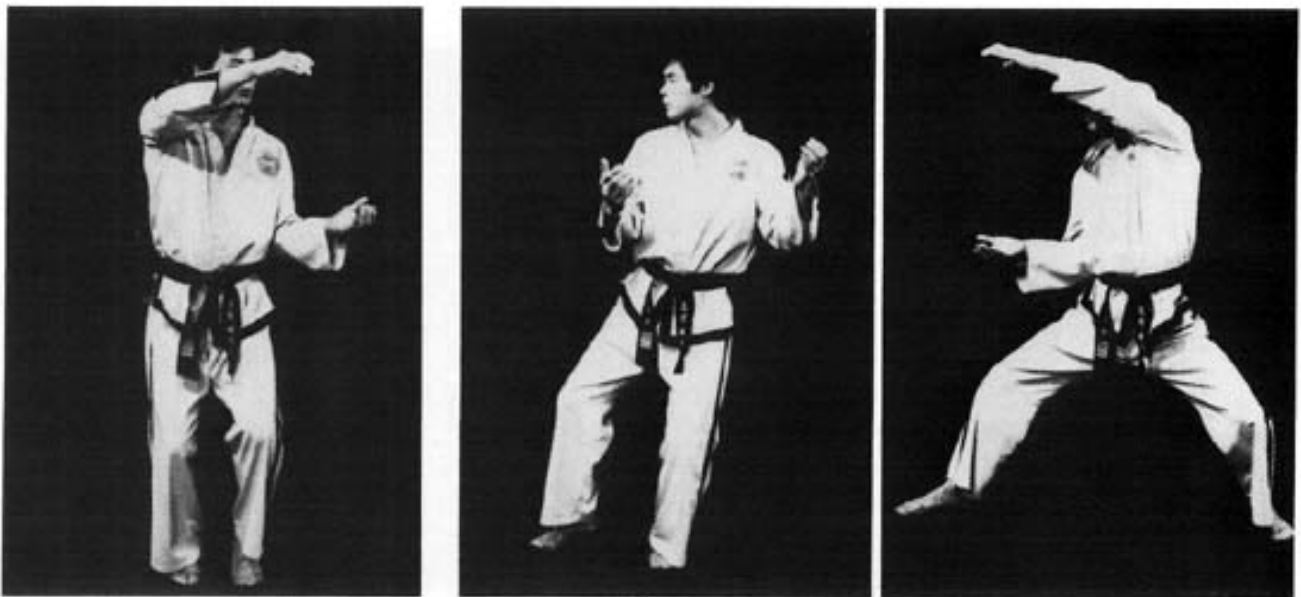
Parallel ready stance.

- i. Move the left foot to B to form a left fixed stance toward B while blocking to B.



- \*
  1. At the start of blocking keep both palms faced upward.
  2. Both arc-hands must form a vertical line with the knee at the moment of block.

- ii. Bring the left foot to the right foot and then move the right foot to A, forming a right fixed stance toward A while blocking to A.



- iii. Bring the right foot to the left foot, and then repeat i above.

**b. Forward Stepping Block**

- i. Move the left foot to D, forming a left fixed stance toward D while blocking to D, then jump and spin clockwise, landing on the same spot to form a left L-stance toward D while executing a knife-hand guarding block.



- ii. Move the left foot to D to form a left fixed stance toward D while blocking to D, then jump and spin counter-clockwise, landing on the same spot to form a left L-stance toward D while executing a forearm guarding block.





L-stance U-shape block can be exercised in the same way.

### L-Stance



**111. Sitting Stance Back Fist High Side Strike**  
(*Annun So Dung Joomuk Nopunde Yop Taerigi*)

**a. Side Stepping Strike Toward A**

Close ready stance B.

- i. Move the right foot to A to form a sitting stance toward D while striking to A with the right back fist, and then bring the left foot to the right foot, forming a close stance toward D while executing a side front block with the left inner forearm, and a low block with the right forearm.
- ii. Repeat i.



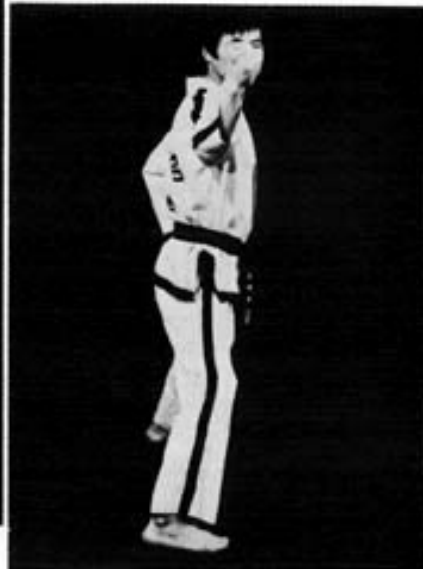
**b. Side Stepping Strike Toward B**

- i. Move the left foot to B to form a sitting stance toward D while striking to B with the left back fist, and then bring the right foot to the left foot, forming a close stance toward D while executing a side front block with the right inner forearm, and a low block with the left forearm.
- ii. Repeat i.



### c. Forward Stepping Strike

- i. Move the right foot to D, forming a sitting stance toward B while striking to D with the right back fist, and then bring the left foot to the right foot to form a close stance toward D while executing a side front block with the left inner forearm, and a low block with the right forearm.



- ii. Move the left foot to D, forming a sitting stance toward A while striking to D with the left back fist, and then bring the right foot to the left foot to form a close stance toward D while executing a side front block with the right inner forearm, and a low block with the left forearm.



- \* 1. Keep the forearms crossed in front of the chest with both back fists faced upward, placing the striking one under the other.
2. Keep the back fist half facing the opponent at the moment of impact.

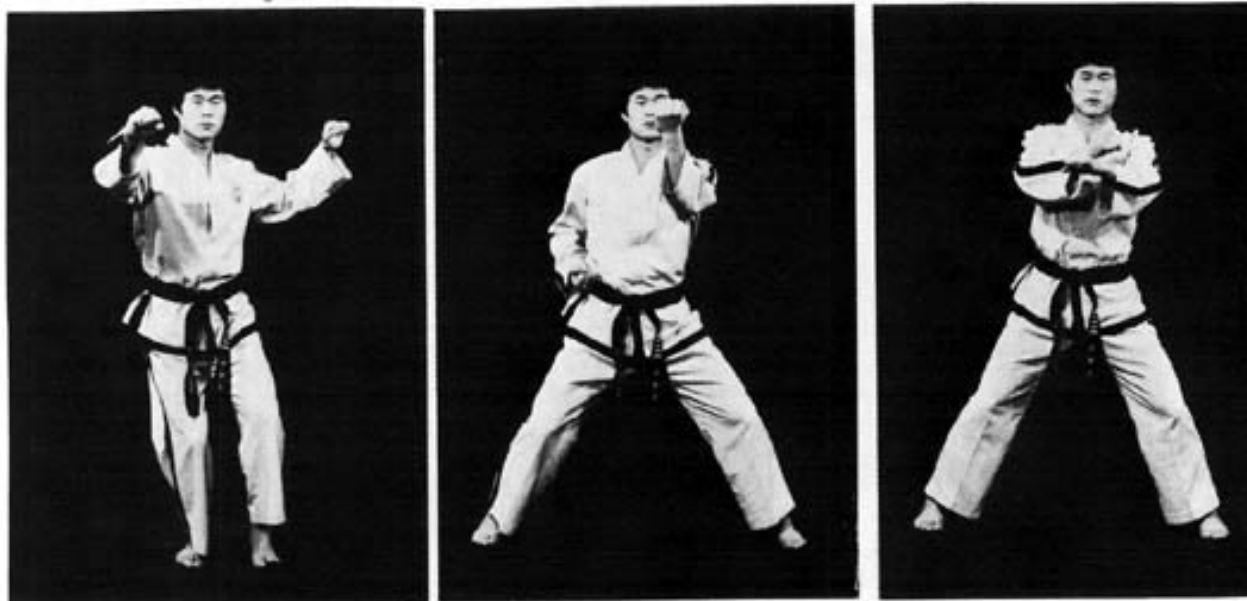


**112. Sitting Stance Forearm Front Block**  
*(Annun So Palmok Ap Makgi)*

**a. Spot Block**

Close ready stance A.

- i. Move the left foot to B, forming a sitting stance toward D while blocking with the left forearm, and execute a side strike to B with the left back fist, maintaining the same stance toward D, then bring the left foot back to a ready posture.



- ii. Move the right foot to A, forming a sitting stance toward D while blocking with the right forearm and execute a side strike to A with the right back fist, maintaining the same stance toward D, then bring the right foot back to a ready posture.



The blocking tool must be brought to the center of the defender's body at the moment of impact.



#### b. Forward Stepping Block

- i. Move the left foot to D, forming a sitting stance toward A while blocking with the left forearm, and then execute a side strike to D with the left block fist, maintaining the same stance toward B.
- ii. Move the right foot to D, forming a sitting stance toward B while blocking with the right forearm, and then execute a side strike to D with the right back fist, maintaining the same stance toward B.

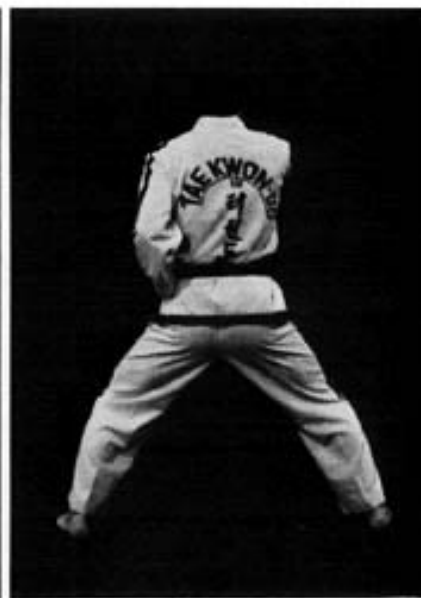


**c. Side Step-Turning**

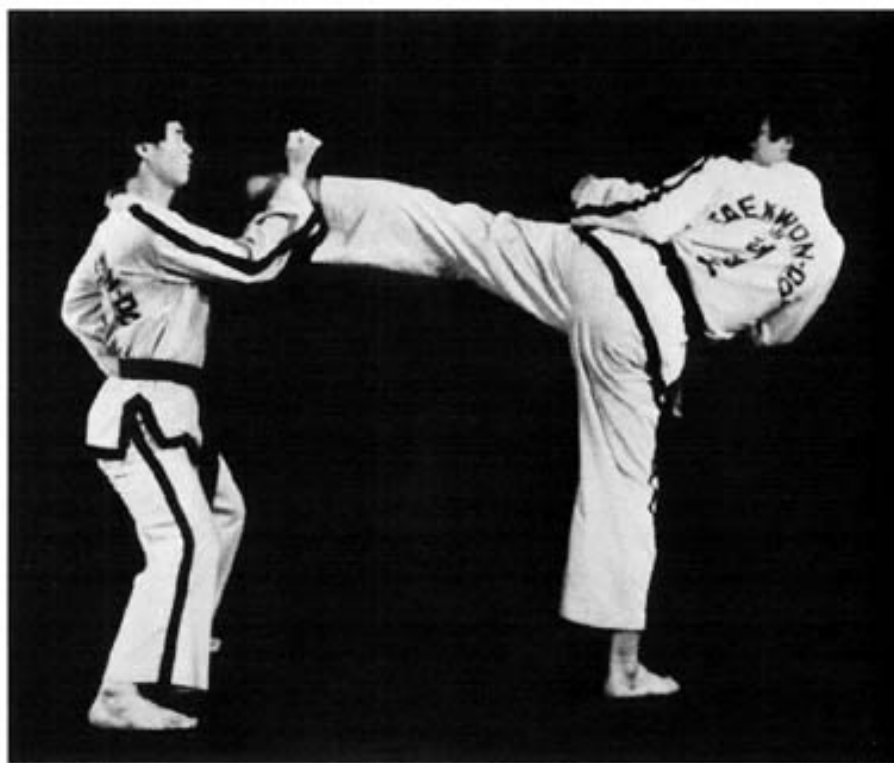
Move the right foot to B turning counter-clockwise to form a sitting stance toward C while executing a front block with the right forearm. Clockwise turning is not reasonable.



**Previous Posture**



**Application**



### 113. Sitting Stance Knife-Hand Front Block (*Annun So Sonkal Ap Makgi*)

The method of blocking remains the same as that of a sitting stance forearm front block.

#### a. Side Double Stepping Block Toward B

X-ready stance.

- i. Move the left foot to B, forming a sitting stance toward D while blocking with the left knife-hand, and then cross the right foot over the left foot to form a left X-stance toward D while executing a rising block with the right forearm.
- ii. Repeat i.



#### b. Side Double Stepping Block Toward A

- i. Move the right foot to A, forming a sitting stance toward D while blocking with the right knife-hand, and then cross the left foot over the right foot to form a right X-stance toward D while executing a rising block with the left forearm.
- ii. Repeat i.



**114. L-Stance X-Knife-Hand Checking Block**  
*(Niunja So Kyocho Sonkal Momchau Makgi)*

**a. Forward Stepping Block**

L-ready stance.

- i. Move the left foot to D to form a right L-stance toward D while blocking to D, and then execute a reverse hooking kick to D with the right foot.



- ii. Lower the right foot to D, forming a left L-stance toward D while blocking to D, and then execute a reverse hooking kick to D with the left foot.



Keep both palms faced each other at the start of blocking.

### **b. Backward Step-turning**

Move the right foot to C, turning clockwise to form a left L-stance toward C while blocking to C.  
Counter-clockwise turning is not practical.



Both the method and procedure of exercise for a fixed stance X-knife-hand checking block are the same as those of an L-stance X-knife-hand checking block.

**Side View**





**115. Walking Stance Forearm Obverse Front Block**  
*(Gunnun So Palmok Baro Ap Makgi)*

**a. Forward Stepping Block**

Parallel ready stance.

- i. Move the right foot to D to form a right walking stance toward D while blocking with the right forearm, and then execute a high strike to D with the left arc-hand, maintaining the same stance toward D.



Keep the left heel slightly off the ground.



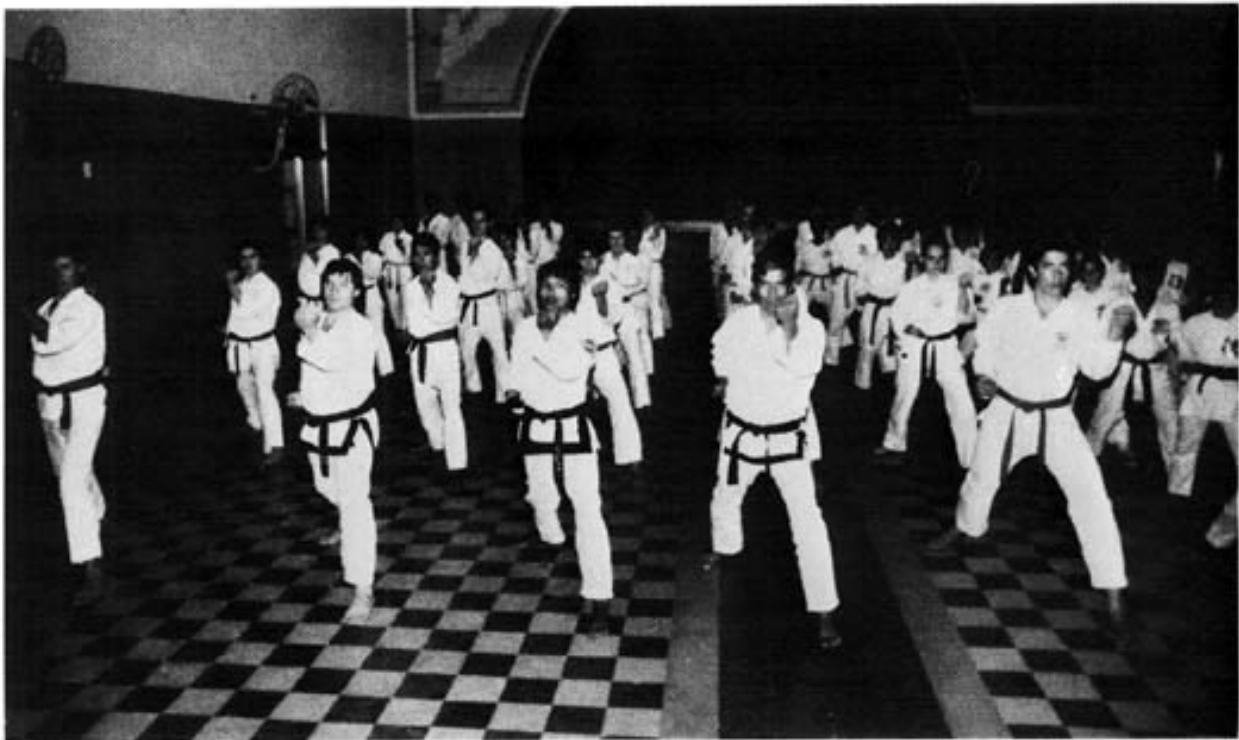
- ii. Move the left foot to D, forming a left walking stance toward D while blocking with the left forearm and then execute a high strike to D with the right arc-hand, maintaining the stance toward D.





**b. Backward Double Step-Turning**

Move the left foot to C, and then turn counterclockwise pivoting with the left foot to form a right walking stance toward C while blocking with the right forearm. Clockwise turning is not logical.



## 116. Rear foot Stance X-Knife-Hand Checking Block

*(Dwitbal So Kyocha Sonkal Momchau Makgi)*

The method of blocking remains the same as that of an L-stance X-knife-hand checking block.

### Forward Stepping Block

Right Walking ready stance.

- i. Move the left foot to D, forming a right rear foot stance toward D while blocking to D, and then execute a high vertical punch to D with a twin fist while forming a left walking stance toward D, slipping the right foot.



- ii. Move the right foot to D, forming a left rear foot stance toward D while blocking to D, and then execute a high vertical punch to D with a twin fist while forming a right walking stance toward D, slipping the left foot.



Side View

**117. Walking Stance Twin Palm Upward Block**  
(*Gunnun So Sang Sonbadak Ollyo Makgi*)

**a. Forward Stepping Block**

Left walking ready stance.

- i. Move the right foot to D, forming a right walking stance toward D while blocking with a twin palm.



At the start of blocking, keep both palms faced downward.

The blocking tools reach the targets in a circular motion.

- ii. Move the left foot to D to form a left walking stance toward D while blocking with a twin palm.

**b. Backward Stepping Block**

- i. Move the left foot to C, forming a right walking stance toward D while blocking with a twin palm.
- ii. Move the right foot to C, forming a left walking stance toward D while blocking with a twin palm.



Side View

## 118. Walking Stance Double Stepping (*Gunnun So Ibo Omgyo Didigi*)

### a. Forward Double Stepping

Left walking ready stance.

- i. Move the right foot to the side front of the left foot, keeping the body half facing, and then move the left foot to D to form a left walking stance toward D while executing a hooking block to D with the left palm.
- ii. Repeat i.



### b. Backward Double Stepping

- i. Move the left foot to the side rear of the right foot, keeping the body half facing, and then move the right foot to C to form a left walking stance toward D while executing a hooking block to D with the right palm.
- ii. Repeat i.



**119. L-Stance Double Stepping (*Niunja So Ibo Omgyo Didigi*)**

**a. Forward Double Stepping**

Left L-ready stance.

- i. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a left L-stance toward D while executing a hooking block to D with the right palm.
- ii. Repeat i.



**b. Backward Double Stepping**

- i. Move the right foot to the side rear of the left foot, and then move the left foot to C, forming a left L-Stance toward D while punching to D with the left fist.
- ii. Repeat i.



## 120. Sitting Stance Horizontal Punch (*Annun So Soopyong Jirugi*)

### a. Side Stepping Punch Toward A

**X-ready stance.**

- i. Move the right foot to A, forming a sitting stance toward D while punching to A, and then move the left foot behind the right foot to form a right X-stance toward D while executing a low front block with the left outer forearm, bringing the right finger belly to the left side fist.
- ii. Repeat i



### b. Side Stepping Toward B

- i. Move the left foot to B, forming a sitting stance toward D while punching to B, and then move the right foot behind the left foot to form a left X-stance toward D while executing a low front block with the right outer forearm, bringing the left finger belly on the right under forearm.
- ii. Repeat i.





At the start of punching, keep both back fists faced downward.



Application

### c. Side Step-Turning

Assume a right horizontal punch to A.

Move the right foot to B, turning clockwise to form a sitting stance toward C while punching to B, Counter-clockwise turning is not practical.





## 121. Close Stance Twin Palm Low Front Block

*(Moa So Sang Sonbadak Najunde Ap Makgi)*

### Forward Stepping Block

Left walking ready stance.

- i. Bring the right foot to the left foot, forming a close stance toward D while blocking, and then move the right foot to D to form a right walking stance toward D while punching to D with the left fist.



Blocking tools reach the target  
in a circular motion.

- ii. Bring the left foot to the right foot, forming a close stance toward D while blocking, and then move the left foot to D to form a left walking stance toward D while punching to D with the right fist.



**122. X-Stance Outer Forearm Low Front Block**  
(*Kyocho So Bakkat Palmok Najunde Ap Makgi*)

**a. Side Stepping Block Toward B**

**Sitting ready stance.**

- i. Cross the right foot over the left foot to form a left X-stance toward D while blocking to D with the left forearm, bringing the right finger belly on the left under forearm, and then move the left to B, forming a sitting ready stance.
- ii. Repeat i.



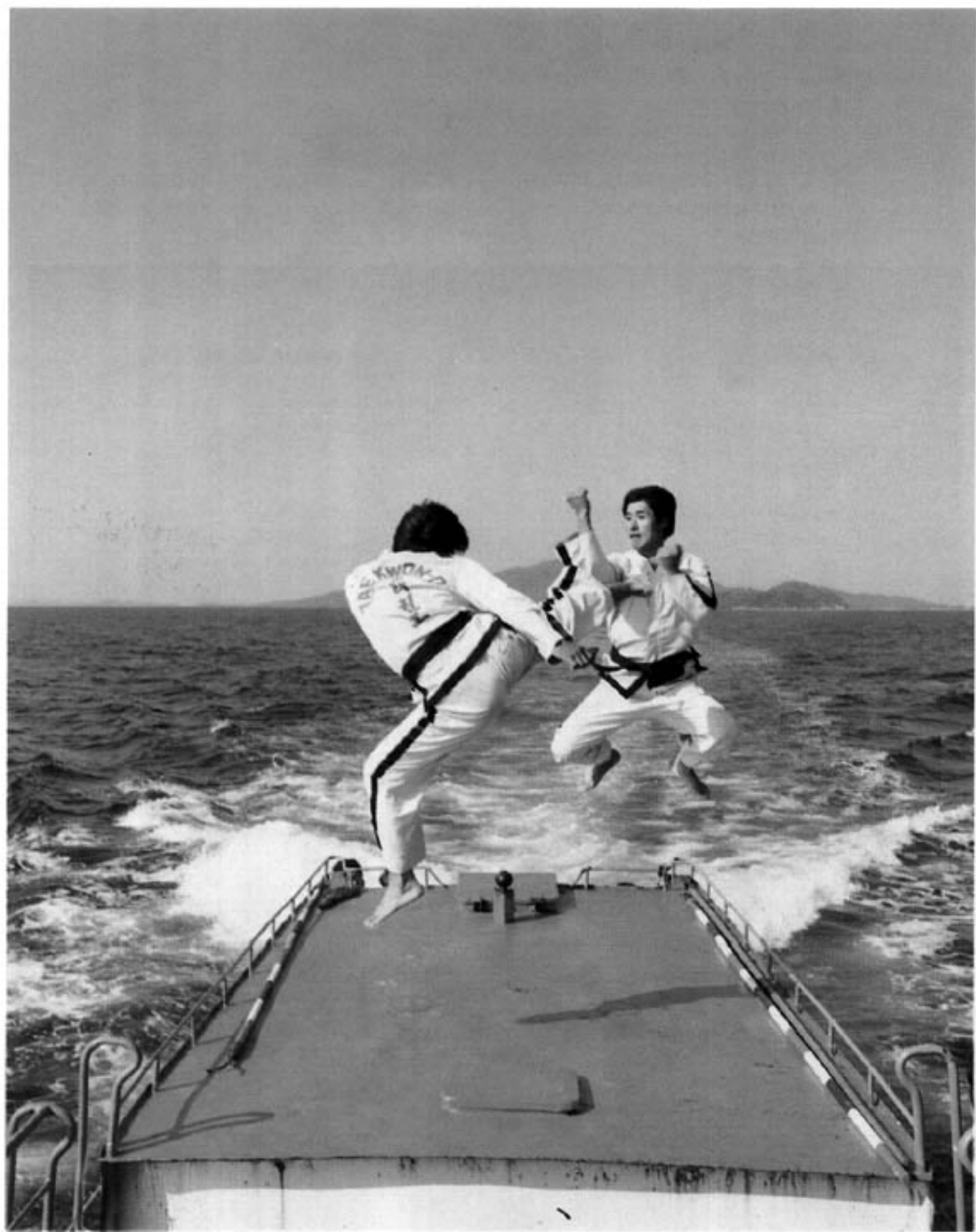
**b. Side Stepping Block Toward A**

- i. Cross the left foot over the right foot to form a right X-stance toward D while blocking to D with the right forearm, bringing the left finger belly to the right side fist, and then move the right foot to A, forming a sitting ready stance.



Side View





## 123. Outward Pressing Kick (*Bakuro Noollo Chagi*)

### Spot Kick

Close stance with a heaven hand.

- i. Kick to A with the right foot, keeping the position of the hands as they were, and then lower it back to a ready posture.



- ii. Kick to B with the left foot, keeping the position of the hands as they were, and then lower it back to a ready posture.



### Application



## 124. Sitting Stance Forefist Pressing Block (*Annun So Ap Joomuk Noolo Makgi*)

### a. Side Stepping Block Toward B

Parallel ready stance.

- i. Move the left foot to B, forming a sitting stance toward D while blocking with the left forefist, and then bring the right foot to the left foot to form a close stance toward D while executing a twin horizontal elbow thrust.
- ii. Repeat i.



### b. Side Stepping Block Toward A

- i. Move the right foot to A to form a sitting stance toward D while blocking with the right forefist, and then bring left foot to the right foot, forming a close stance toward D at the same time executing a twin horizontal thrust.
- ii. Repeat i.

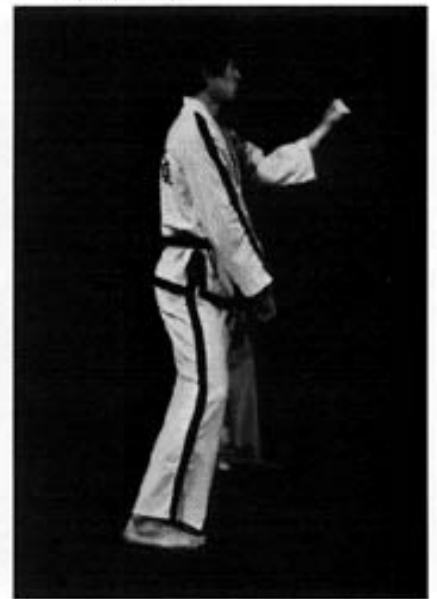




The method of blocking for a diagonal stance  
forefist pressing block remains the same.



Side View





## 125. Sitting Stance Back Elbow Thrust (*Annun So Dwipalkup Tulgi*)

### a. Side Stepping Thrust Toward A

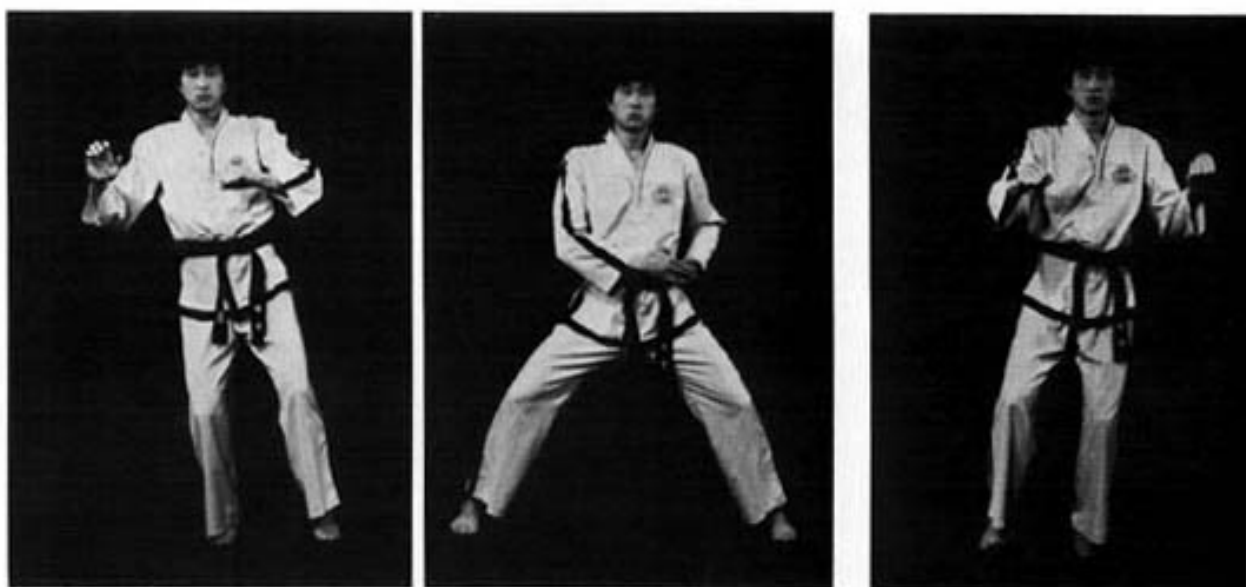
Close ready stance C

- i. Move the right foot to A, forming a sitting stance toward D while thrusting to C with the right back elbow, and then bring the left foot to the right foot to form a close stance toward D while executing an angle punch with the right fist.
- ii. Repeat i.



### b. Side Stepping Thrust Toward B

- i. Move the left foot to B to form a sitting stance toward D while thrusting to C with the left back elbow, and then bring the right foot to the left foot, forming a close stance toward D while executing an angle punch with the left fist.
- ii. Repeat i.





**c. Side Step-Turning**

**Assume a sitting stance toward D.**

Move the right foot to B, turning clockwise to form a sitting stance toward C while thrusting to D with the right back elbow.

Counter-clockwise turning is not reasonable.



Bring the opposite finger belly to the forefist at the moment of impact.

**126. Parallel Stance Back Elbow Thrust (*Narani So Dwipalkup Tulgi*)**

Both the method and procedure are the same as those of a sitting stance back elbow thrust.

Side View



**127. L-Stance U-Shape Grasp (*Niunja So Mongdung-i Japgi*)**

**a. Forward Stepping Grasp**

Parallel ready stance.

- i. Move the left foot to D, forming a right L-stance toward D while grasping, and then execute a turning kick to D with the right knee, keeping the position of the hands as they were.



- ii. Lower the right foot to D, forming a left L-stance toward D while grasping, and then execute a turning kick to D with the left knee, keeping the position of the hands as they were.



**b. Forward Double Step-Turning**

Move the left foot to D and then turn counterclockwise, pivoting with the left foot to form a right L-stance toward C while blocking. Clockwise turning is not reasonable.



\* Both the method and procedure of exercise for a fixed stance or rear foot stance U-shape grasp are the same.

**Fixed Stance**



**Rear foot Stance**



**128. Low Twisting Kick (*Najunde Bituro Chagi*)**

**a. Forward Stepping Kick**

Left walking ready stance.

- i. Kick to D with the right foot, and then lower it to D, forming a left L-stance toward D while executing a checking block with an X-knife-hand.



- ii. Kick to D with the left foot, and then lower it to D, forming a right L-stance toward D while executing a checking block with an X-knifehand.



**b. Forward Step-Turning**

Move the right foot to D and then execute a low twisting kick to C with the left foot while turning counter-clockwise. Clockwise turning is not reasonable.



**Side View**

## 129. Walking Stance Double Arc-Hand Block

*(Gunnun So Doo Bandal son Makgi)*

### a. Forward Stepping Block

Right walking ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while blocking to AD, and then a side back strike to C with the right back fist and a low block with the left forearm while forming a right L-stance toward D, pulling the left foot.



- ii. Move the right foot to D to form a right walking stance toward D while blocking to BD, and then a side back strike to C with the left back fist and low block with the right forearm while forming a left L-stance toward D, pulling the right foot.



### b. Backward Stepping Block

- i. Move the left foot to C to form a right walking stance toward D while blocking to BD, and then a side back strike to C with the left back fist and a low block with the right forearm while forming a left L-stance toward D, pulling the left foot.
- ii. Move the right foot to C to form a left walking stance toward D while blocking to AD, and then a side back strike to C with the right back fist and a low block with the left forearm while forming a right L-stance toward D, pulling the right foot.



### c. Forward Double Step-Turning

Move the right foot to D and then turn clockwise, pivoting with the right foot to form a right walking stance toward C while blocking to AC with a double arc-hand. Counter-clockwise turning is not practical.

At the start of blocking, keep both palms facing the defender.





### 130. Low Stance Flat Fingertip High Obverse Thrust

*(Nachuo So Opun Sonkut Nopunde Baro Tulgi)*

#### a. Forward Stepping Thrust

Close ready stance A.

- i. Move the right foot to D, forming a right low stance toward D while thrusting to D with the right flat fingertip, and then bring the left foot to the right foot to form a close stance toward D while executing a horizontal thrust with the right elbow.



- ii. Move the left foot to D, forming a left low stance toward D while thrusting to D with the left flat fingertip, and then bring the right foot to the left foot to form a close stance toward D while executing a horizontal thrust with the left elbow.



**b. Forward Step-Turning**

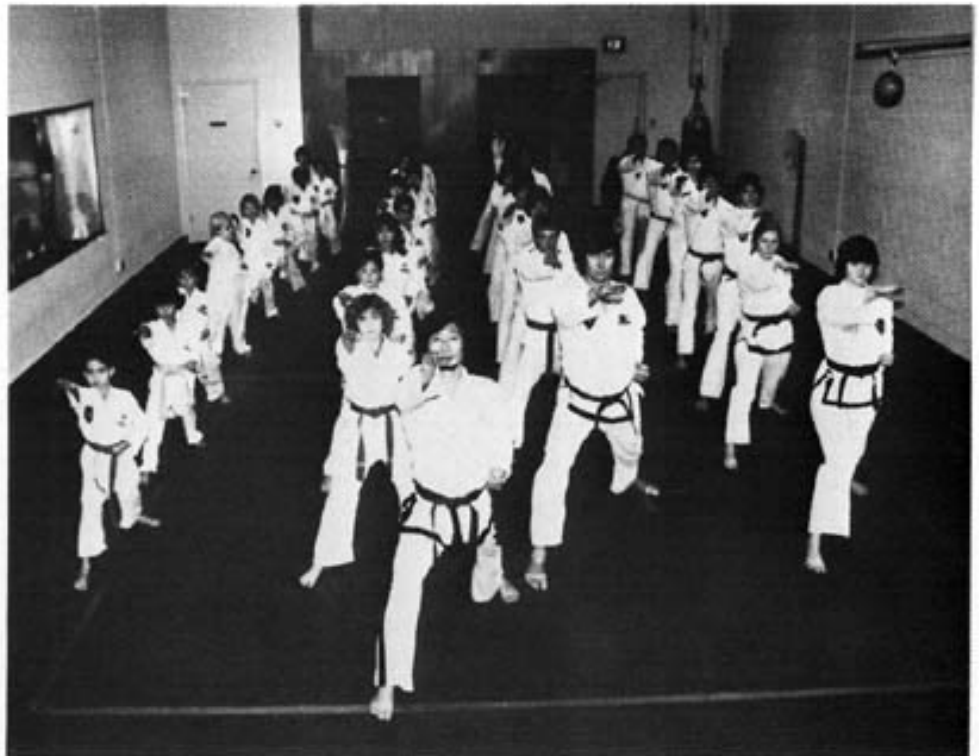
Move the right foot to D, turning clockwise to form a left low stance toward C while thrusting to C with the left flat fingertip.

Counter-clockwise turning is not practical.

Walking stance flat fingertip obverse thrust can be exercised in the same way.



**Walking Stance**



**131. Sitting Stance Reverse Knife-Hand Low Guarding Block**  
(*Annun So Sonkaldung Najunde Daebi Makgi*)

**a. Side Double Stepping Block Toward B**

X-ready stance.

- i. Move the left foot to B, forming a sitting stance toward D while blocking to B, and then cross the right foot over the left foot to form a left X-stance toward D while executing a knife-hand low guarding block to A.
- ii. Repeat i.



**b. Side Double Stepping Block Toward A.**

- i. Move the right foot to A, forming a sitting stance toward D while blocking to A, and then cross the left foot over the right foot to form a right X-stance toward D while executing a knife-hand low guarding block to B.
- ii. Repeat i.



**c. Side Step-Turning**

**Assume a sitting stance toward D.**

Move the right foot to B, turning clockwise to form a sitting stance toward C while executing a low guarding block to B with a reverse knifehand.

Counter clockwise turning is not reasonable.



At the start of blocking, keep both palms faced downward.



**132. X-Stance Double Forearm Block (*Kyocha So Doo Palmok Makgi*)**

**a. Forward Jumping Block**

Close ready stance B.

- i. Jump to D, forming a left X-stance toward AD while blocking to D with the left double forearm, and then move the left foot to D to form a left walking stance toward D while executing an upward block in a slow motion with the right palm.



- ii. Move the right foot to D in a jumping motion to form a right X-stance toward BD while blocking to D with the right double forearm, and then move the right foot to D, forming a right walking stance toward D while executing an upward block in a slow motion with the left palm.





Side View

### b. Backward Jumping Block

- i. Move the left foot to C in a jumping motion to form a left X-stance toward BD while blocking to D with the right double forearm, and then move the left foot to C, forming a right walking stance toward D while executing an upward block in a slow motion with the left palm.
- ii. Move the right foot to C in a jumping motion to form a right X-stance toward AD while blocking to D with the left double forearm, and then move the right foot to C, forming a left walking stance toward D while executing an upward block in a slow motion with the right palm.



Side View



**133.L-Stance Middle Knuckle Fist Upset Punch**  
*(Niunja So Joongji Joomuk Dwijibo Jirugi)*

**a. Forward Stepping Punch**

Left L-ready stance.

- i. Move the left foot to D, forming a right L-stance toward D while punching to D with the right middle knuckle fist, and then execute a middle block to AD with a double arc-hand while forming a left walking stance toward D, slipping the right foot.



- ii. Move the right foot to D, forming a left L-stance toward D While punching to D with the left middle knuckle fist, and then execute a middle block to BD with a double arc-hand while forming a right walking stance toward D, slipping the left foot.





### b. Forward Shift-Step-Turning

Shift to D, maintaining a left L-stance, and then move the left foot to D, turning clockwise to form a left L-stance toward C while punching to C with the left middle knuckle fist.

Counter-clockwise turning is not practical.

1. The middle knuckle fist reaches the solar plexus in an uppercut motion.
2. Bring the opposite side fist in front of the shoulder at the moment of impact.



\* Fixed stance middle knuckle fist upset punch can be exercised in the same way.



Fixed Stance



Side View

**134. Parallel Stance Middle Knuckle Fist Side Vertical Punch**  
*(Narani So Joongji Joomuk Yop Sewo Jirugi)*

**Spot Punch**

**Close ready stance B.**

- i. Move the right foot to A, forming a parallel stance toward D while punching to A with the right middle knuckle fist, and then execute a rising block with an X-knife-hand, maintaining the same stance toward D.



- ii. Bring the right foot to the left foot, and move the left foot to B to form a parallel stance toward D while punching to B with the left middle knuckle fist, then execute a rising block with an X-knife-hand while maintaining the same stance toward D.

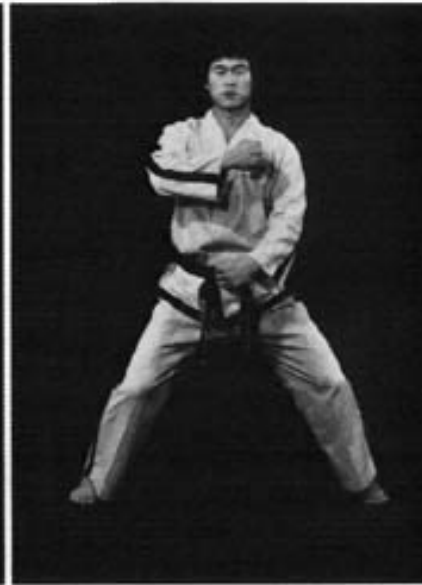


### 135. Sitting Stance 9-Shape Block (*Annun So Gutja Makgi*)

#### a. Side Double Stepping Block Toward B

X-ready stance.

- i. Move the left foot to B, forming a sitting stance toward D while executing a left 9-shape block, and then cross the right foot over the left foot to form a left X-stance toward D at the same time executing a low front block with the right outer forearm.
- ii. Repeat i.



#### b. Side Double Stepping Block Toward A

- i. Move the right foot to A, forming a sitting stance toward D while executing a right 9-shape block, and then cross the left foot over the right foot to form a right X-stance toward D at the same time executing a low front block with the left outer forearm.



**136. Walking Stance Reverse Knife-Hand High Reverse Front Strike**  
*(Gunnun So Sonkaldung Nopunde Bandae Ap Taerigi)*

**a. Forward Stepping Strike**

Parallel ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while striking with the right reverse knife-hand, and then execute a high thrust to D with the left flat fingertip while forming a right L-stance toward D, slipping the left foot.



- ii. Move the right foot to D, forming a right walking stance toward D while striking with the left reverse knife-hand, and then execute a high thrust to D with the right flat fingertip while forming a left L-stance toward D, slipping the right foot.



### b. Forward Double Step-Turning

Move the right foot to D and then turn counterclockwise, pivoting with the right foot to form a left walking stance toward C while striking with the right reverse knife-hand. Clockwise turning is not reasonable.

- \* i. At the start of striking, keep both knife-hands faced downward.
- ii. Bring the opposite back hand under the elbow joint at the moment of impact.



### 137. Sitting Stance Palm Scooping Block

*(Annun So Sonbadak Duro Makgi)*

#### Forward Stepping Block

Parallel ready stance.

- i. Move the right foot to D, forming a sitting stance toward B while executing a scooping block with the right palm, and then punch to B with the left fist.

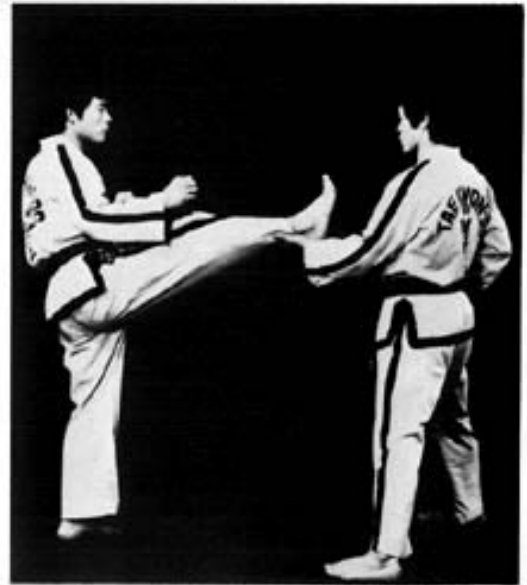
Raise the body slightly



- ii. Move the left foot to D, turning clockwise to form a sitting stance toward A while executing a scooping block with the left palm, and then punch to A with the right fist.

Raise the body slightly





Scoping block must always be exercised  
in a continuous motion.





**138. Walking Stance X-Fist Downward Block**  
(*Gunnun So Kyocho Joomuk Naeryo Makgi*)

**a. Forward Stepping Block**

**Parallel ready stance.**

- i. Move the left foot to D, forming a left walking stance toward D while blocking, and then execute a low inward block to D with the left knife-hand, maintaining the same stance toward D.



- ii. Move the right foot to D to form a right walking stance toward D while blocking, and then execute a low inward block with the right knife-hand, maintaining the same stance toward D.



**Keep the left heel slightly off the ground.**

## b. Backward Stepping Block

- i. Move the left foot to C to form a right walking stance toward D while blocking, and then punch to D with the left fist, maintaining the same stance toward D.
- ii. Move the right foot to C to form a left walking stance toward D while blocking, and then punch D With the right fist, maintaining the same stance toward D.



The X-fist reaches the same level as the defender's solar plexus at the moment of block.

- \* Walking stance X-knife-hand downward block can be exercised in the same way.



### 139. Sitting Stance X-Knife-Hand Front Block

(*Anun So Kyocho Sonkal Ap Makgi*)

#### a. Side Double Stepping Block Toward B

X-ready stance.

- i. Move the left foot to B, forming a sitting stance toward D while blocking, and then cross the right foot over the left foot to form a left X-stance toward D while executing a horizontal strike to B with the left back fist.
- ii. Repeat i.



#### b. Side Double Stepping Block Toward A

- i. Move the right foot to A, forming a sitting stance toward D while blocking and then cross the left foot over the right foot to form a right X-stance toward D while executing a horizontal strike to A with the right back fist.
- ii. Repeat i.



**140. Diagonal Stance Twin Palm Rising Block**  
*(Sasun So Sang Sonbadak Chookyo Makgi)*

**Spot Block**

X-ready stance.

- i. Move the left foot to B, forming a left diagonal stance toward D while blocking.



Side View

- ii. Bring the left foot behind the right foot, and then move the right foot to A to form a right diagonal stance toward D While blocking.



**141. Rear Foot Stance Twin Palm Downward Block**  
*(Dwitbal So Sang Sonbadak Naeryo Makgi)*

**a. Forward Stepping Block**

**Left walking ready stance.**

- i. Move the right foot to D, forming a left rear foot stance toward D while blocking, and then execute a circular block to BD with the left reverse knife-hand while forming a right walking stance toward D, slipping the right foot.



Keep both palms faced each other.

- ii. Move the left foot to D to form a right rear foot stance toward D while blocking, and then execute a circular block to AD with the right reverse knifehand while forming a left walking stance toward D, slipping the left foot.



**b. Backward Step-Turning**

Assume a left rear foot stance toward D.

Move the right foot to C, turning counter-clockwise to form a left rear foot stance toward C while blocking with a twin palm.

Clockwise turning is not reasonable.



\* L-stance twin palm downward block can be exercised in the same way.





## 142. Consecutive Kick (*Yonsok Chagi*)

### a. Pressing and Side Piercing Kick (*Noollo Chagi wa Yopcha Jirugi*)

Close ready stance B.

- i. Execute a pressing kick to A, and a side piercing kick to A in succession with the right foot, keeping the position of the hands as they were, then lower it back to a ready posture.



- ii. Execute a pressing kick to B, and a side piercing kick to B in succession with the left foot, keeping the position of the hands as they were, then lower it back to a ready posture.

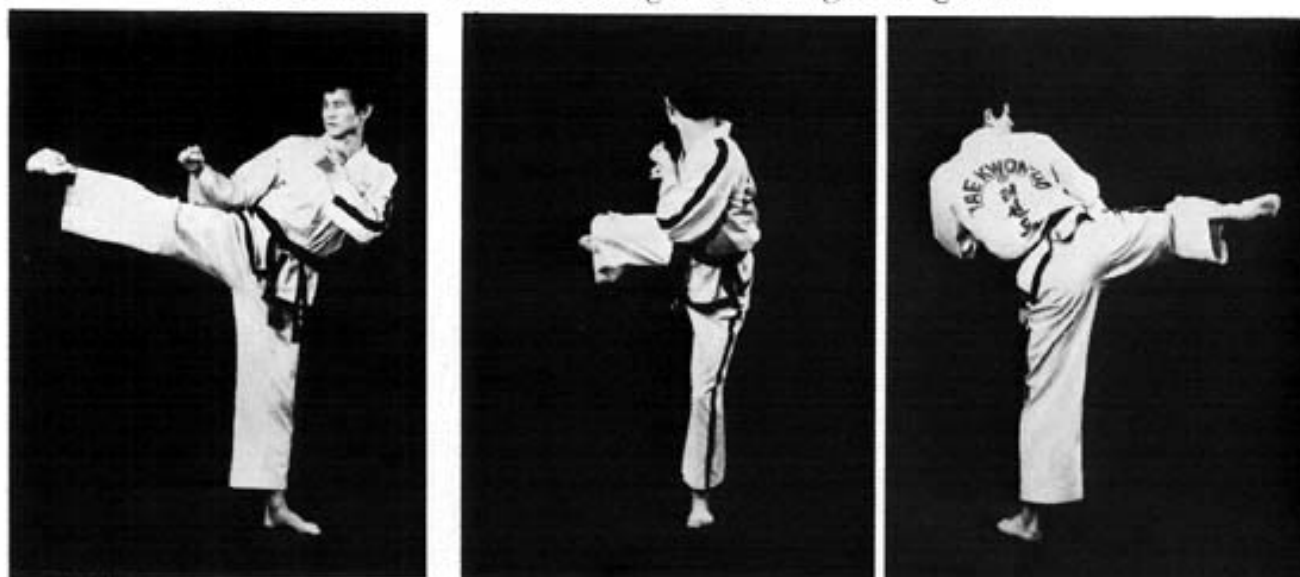




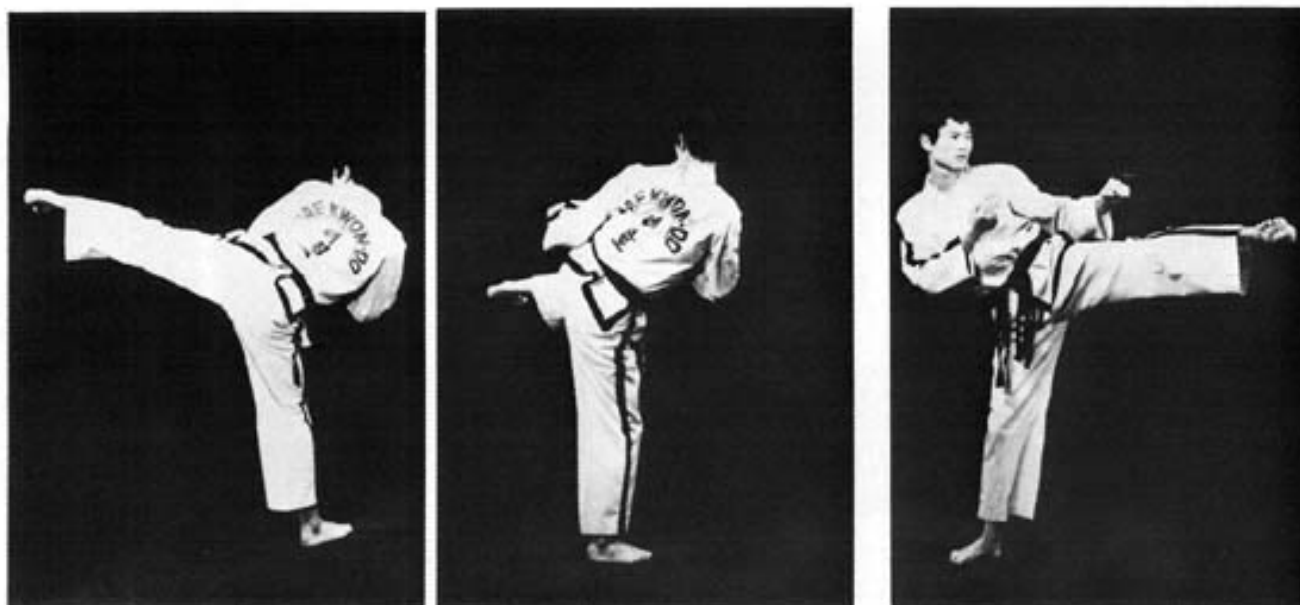
**b. Turning and Reverse Hooking Kick**  
*(Dollyo Chagi wa Bandoe Dollyo Goro Chagi)*

**Right L-ready stance.**

- i. Execute a turning kick to AD, and a reverse hooking kick to B in succession with the right foot, then lower it to D, forming a left L-stance toward D while executing a forearm guarding block.



- ii. Execute a turning kick to BD, and a reverse hooking kick to A in succession with the left foot, then lower it to D, forming a right L-stance toward D while executing a forearm guarding block.



## 143. Walking Stance Open Fist Punch

*(Gunnun So Pyun Joomuk Jirugi)*

### a. Forward Stepping Punch

Right walking ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while punching to D with the right open fist, and then execute a reverse hooking kick to BD with the right foot.



- ii. Lower the right foot to D, forming a right walking stance toward D while punching to D, and then execute a reverse hooking kick to AD with the left foot.

## b. Backward Stepping Punch

- i. Move the left foot to C, forming a right walking stance toward D while punching to D with the left open fist, and then execute a reverse hooking kick to D with the right foot.



- ii. Lower the right foot to C, forming a left walking stance toward D while punching to D with the right open fist, and then execute a reverse hooking kick to D with the left foot.



## 144. Flying Consecutive Punch (*Twimyo Yonsok Jirugi*)

### a. Front and Upset Punch

Parallel ready stance.

- i. Jump to execute a front punch and an upset punch to D in succession with the right fist while the body is in the air, then land on the same spot, forming a parallel stance toward d.



- ii. Jump to execute a front punch and an upset punch to D in succession with the left fist while the body is in the air, then land on the same spot, forming a parallel stance toward D.



**b. Side and Vertical Punch**

**Close ready stance B.**

- i. Jump to execute a side punch to A and a vertical punch to D in succession with the right fist while the body is in the air, then land on the same spot, forming a close stance toward D.



- ii. Jump to execute a side punch to B and a vertical punch to D in succession with the left fist while the body is in the air, then land on the same spot, forming a close stance toward D.



### 145. Flying Turning Kick (*Twimyo Dollyo Chagi*)

Left walking ready stance.

- i. Move the right foot to D to execute a flying turning kick to D with the right foot, and then land to D, forming a left L-stance toward D while punching to D with the right fist.



- ii. Move the left foot to D to execute a flying turning kick to D with the left foot, and then land to D, forming a right L-stance toward D while punching to D with the left fist.





## 146. Flying Front Kick (*Twimyo Ap Chagi*)

Right L-ready stance.

- i. Move the right foot to D to execute a flying front kick to D with the right foot, and then land to D, forming a left L-stance toward D while executing a knife-hand guarding block.



- ii. Move the left foot to D to execute a flying front kick to D with the left foot, and then land to D, forming a right L-stance toward D while executing a knife-hand guarding block.





## 147. Flying Two Direction Kick (*Timyo Sangbang Chagi*)



### a. Front-Back Kick (*Apdwi Chagi*)

Sitting ready stance.

- i. Run and jump to execute a front kick to D with the left foot and a back kick to C with the right foot simultaneously while flying toward D, then land to D forming a right L-stance toward D while executing a knife-hand guarding block.
- ii. Run and jump to execute a front kick to D with the right foot and a back kick to C with the left foot simultaneously while flying toward D, then land to D forming a left L-stance toward D while executing a knife-hand guarding block.





**b. Side-Twisting Kick (*Yop Bituro Chagi*)**  
**Walking ready stance**

- i. Run and jump to execute a side kick to A with the right foot and a twisting kick to B with the left foot simultaneously while flying toward D while executing a rising block with a twin palm.
- ii. Run and jump to execute a side kick to B with the left foot and a twisting kick to A with the right foot simultaneously while flying toward D, then land to D to form a sitting stance toward D while executing a rising block with a twin palm.



## 148. L-Stance Forearm Reverse Downward Block

*(Niunja So Palmok Bandoe Naeryo Makgi)*

### a. Forward Stepping Block

Left L-ready stance.

- i. Move the left foot to D, forming a right L-stance toward D while blocking with the left forearm, and then execute a high outward cross-cut to D with the left flat fingertip while forming a left walking stance toward D, slipping the left foot.



- ii. Move the right foot to D to form a left L-stance toward D while blocking with the right forearm and then execute a high cross-cut to D with the right flat fingertip while forming a right walking stance toward D, slipping the right foot.



### b. Backward Stepping Block

- i. Move the right foot to C, forming a right L-stance toward D while blocking with the left forearm, and then execute a high outward cross-cut to D with the left flat fingertip while forming a left walking stance toward D, slipping the right foot.



- ii. Move the left foot to C, forming a left L-stance toward D while blocking with the right forearm, and then execute a high outward cross-cut to D with the right flat fingertip while forming a right walking stance toward D, slipping the left foot.

Fixed stance forearm downward block can be exercised in same way.



## 149. Flying Reverse Turning Kick (*Twimyo Bandoe Dollyo Chagi*)

**Right rear foot stance forearm guarding block.**

- i. Jump to execute a reverse turning kick to D with the right foot, and then land to D, forming a left L-stance toward D while striking to D with the right back fist.



- ii. Jump to execute a reverse turning kick to D with the left foot, and then land to D, forming a right L-stance toward D while striking to D with the left back fist.



Side View





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## SYNOPSIS

The Encyclopedia of Taekwon-Do consists of 15 volumes. The contents of each volume is listed below:

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  - 4) Philosophy
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